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p.10 & 42

23
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Liz's Enthusiast Palette Picks



SHERWIN-WILLIAMS
COLORSNAP® | COLOR ID

PALETTE *Perfection*

with **Liz Lidgett**

See how this Iowa-based art gallery owner transformed her dining room using the shades in the ColorSnap® Color ID Enthusiast palette from Sherwin-Williams, and learn how you can make any space your own.

Taking the Color ID Quiz

As a gallery owner, I'm always thinking about color, but I needed some help pinpointing a palette for my dining room. I knew I wanted to add more drama to the space, so I turned to the Color ID quiz from Sherwin-Williams for help. After answering a few design questions, I was matched with the Enthusiast palette which really fits my passionate personality and made pulling the room together easy!

"The 16 colors in the Enthusiast palette can be effortlessly mixed and matched. You can't go wrong!"

- Liz Lidgett

Designing My Dining Room

I wanted paint colors that blended with the art around the house, so I decided on Cyberspace, a deep gray, for the walls, and I spruced up my bar cart with Rookwood Sash Green. I love how everything turned out.

WHAT'S
YOUR
COLOR ID?

Visit [swcolorid.com](https://www.swcolorid.com)
to take the quiz
and discover your
perfect palette.



SHERWIN-WILLIAMS®

THE PATH TO YOUR PERSONAL PALETTE STARTS HERE



Take the quiz
to find your
Color ID at
myswcolorid.com

Our Color ID palettes are thoughtfully curated for your unique personality. Exclusively at your local Sherwin-Williams store.



The Enthusiast Palette

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**JESSICA
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EDITOR'S LETTER

As I write this in February, I have a new home project I'm excited about. By the time you read this, the cat will hopefully be out of the bag on my Instagram—unless something went wrong with the deal or I just jinxed it. Needless to say, right now it's difficult for me not to fast-forward and fill my evenings at home with Pinterest. I enjoy creating inspiration boards showing how the spaces will look, and as I always do, I find myself looking to nature

for inspiration, especially when it comes to paint.

That's no accident. As a gardener, I love plants and flowers above all. I investigated the link between pigments and plants in my book *The New American Herbal*. During my research, I learned about the various species behind so many of our time-honored colors. Some have been domesticated for so long that no one really knows where they originated, like

now-trendy indigo (*Indigofera tinctoria*). Before the invention of synthetic dyes, there were many mineral reds, but a more highly valued pigment was obtained from the roots of madder (*Rubia tinctorum*), an old-world relative of coffee. On wool, madder reads as a dullish red and was used to color the uniforms that rank and file redcoats wore during the American Revolution. (Officers wore a bright scarlet from the more expensive carmine dye derived from cochineal insects in Mexico.)

My gardener's mind also goes to floral references when selecting paint and fabric colors: cornflower blue, marigold, lilac, and pink. Nerdy sidenote: The color name *pink* comes from dianthus, known as garden pinks. Surprisingly, they aren't named after the color, but after their jagged pinked edges (think pinking shears). Later, because the flowers are often rosy, the plants actually gave their name to the color. Before, it seems everything we designate as pink would have been called rose.

My mind is firmly in the past because the house I'm decorating in my mind is old—older than this country. I'm thinking about the colors that would've been available at the time. They tended to be muted, without the vibrancy of modern chemicals. Luckily paint companies have obliged with historical lines blended to mimic those quirky off-tones. My Pinterest boards are full of Colonial inspiration. But I don't plan to be overly beholden to the period. I admire how old paint colors correspond to the recent trend I see among the talented floral arrangers I follow on social media, where they seem to dote on flowers with in-between tones: dusty peaches, mauve, gray, and dusky lavenders.

Once again, I'm getting ahead of myself. We don't even own the place yet. But as anyone knows, with a home project—a new house, a renovation, or just the redecoration of a spare bedroom—the fun lies in the layers of dreaming, researching, and mood-boarding. It's the blue-sky space we allow ourselves before the vexing realities of contractors, codes, and most importantly budget force us to compromise. I'm going to keep enjoying my evening pursuits. I'll let you know what doesn't exactly go to plan (an inevitable part of the journey). Stay tuned and watch this space.



STEPHEN ORR,
Editor in Chief
instagram @steporr



DREAMING *in* COLOR

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New Ways with Asparagus

It's prime season for asparagus, and we have 44 inspiring and delicious ways to enjoy these fresh green spears. Try them in pastas and a stir-fry, roasted in crispy panko, or grilled with dill butter and Parmesan (above).

BHG.com/SpringAsparagus

PORCH GOALS

Your outdoor space doesn't have to be expansive for you to live large. Check out our best tips for maximizing your space, including what furniture to use, where to add plants, and how to use color to trick the eye.

BHG.com/SmallPorch

[SWEEPSTAKES]

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to bring your vision for the ultimate backyard living space to life. Enter at **BHG.com/Backyard25k** for a chance to win. For details, see page 130.



[EXCLUSIVE OFFER]

Deal of the Month

"Clare is my go-to for high-quality paint that is simple to shop. Interior designer and Clare founder Nicole Gibbons vetted the 60 colors in the collection. The Clare Color Genius quiz guides your choices with style and lighting questions. Eight-inch swatch stickers let you test colors

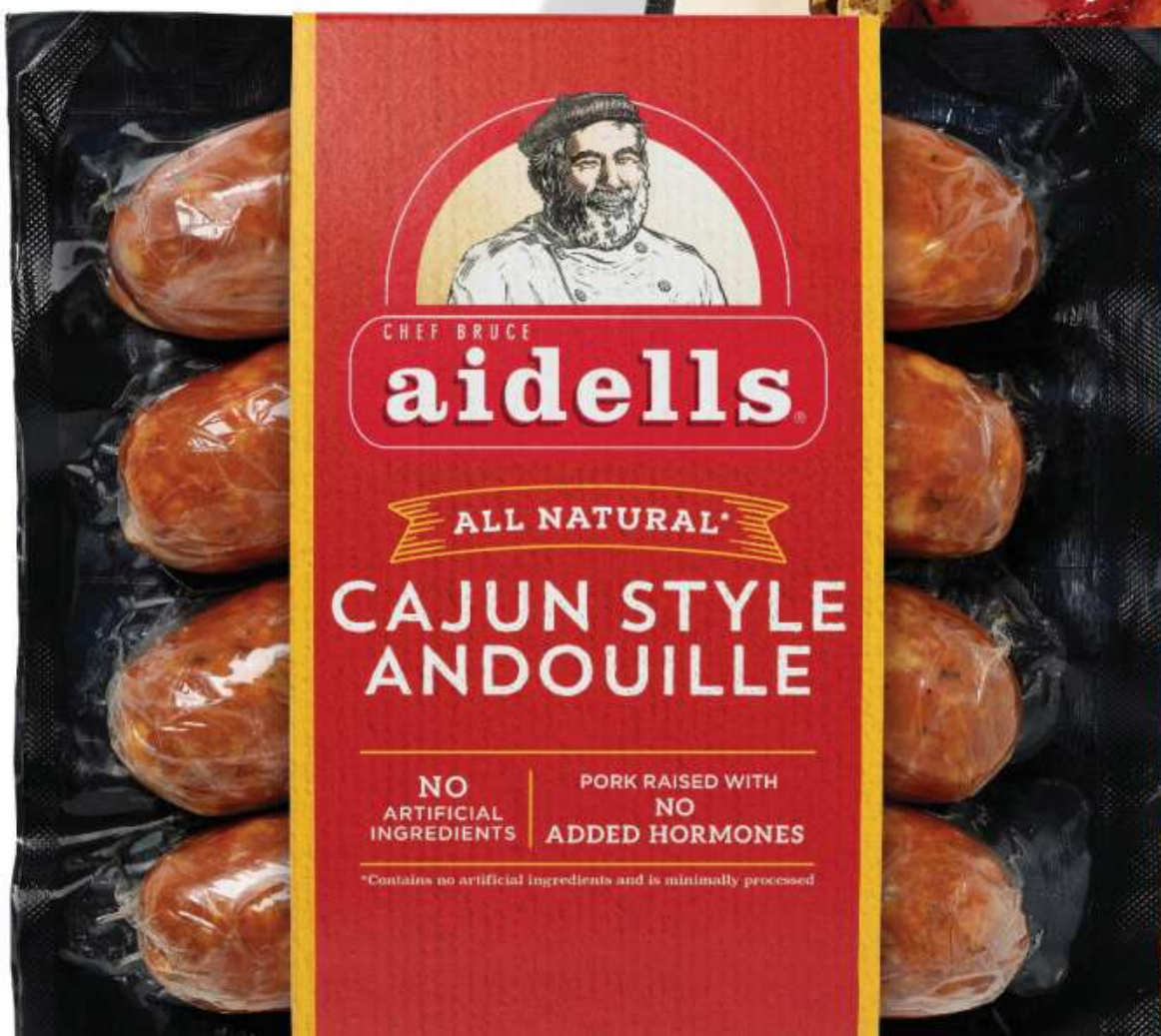


before ordering the paint, which is delivered to your door." —MALLORY ABREU, *home editor*

Hover your smartphone camera over this code to shop **BHG.com** for \$5 off any Clare paint with code **BHG**. Discount good March 12 through April 12, 2021.



**BRUCE ALWAYS
SAYS LET THE
FOOD DO THE
TALKING.
SO HERE
IT IS.**



HANDS-ON EASY-MADE EGGS

There's nothing wrong with classic pastel dyed Easter eggs, but this year we're craving something a little more, well, egg-citing.

These deceptively simple tissue-dyed ones are a great place to start. "Bleeding" tissue paper (named for the way its color bleeds when wet) gives hollowed or hard-boiled eggs a funky marbled effect. Get the how-to, *below*, and read on for more unique decorating techniques.



TISSUE-DYED EGGS

Special tissue paper gives these eggs their wild motifs. For each egg, cut one 6" square from two different colors of Spectra Deluxe bleeding tissue paper (dickblick.com). Crumple the squares, reopen, and wrap them around a hard-boiled egg, then wrap with a coffee filter. Secure with a rubber band. Wearing gloves, submerge eggs in white vinegar until wet. Let eggs stand overnight on a wire rack set over paper towels before removing wraps. ▶ **Scan this code to watch the how-to.**





**STACK IT.
BUILD IT.
MIX IT UP.**

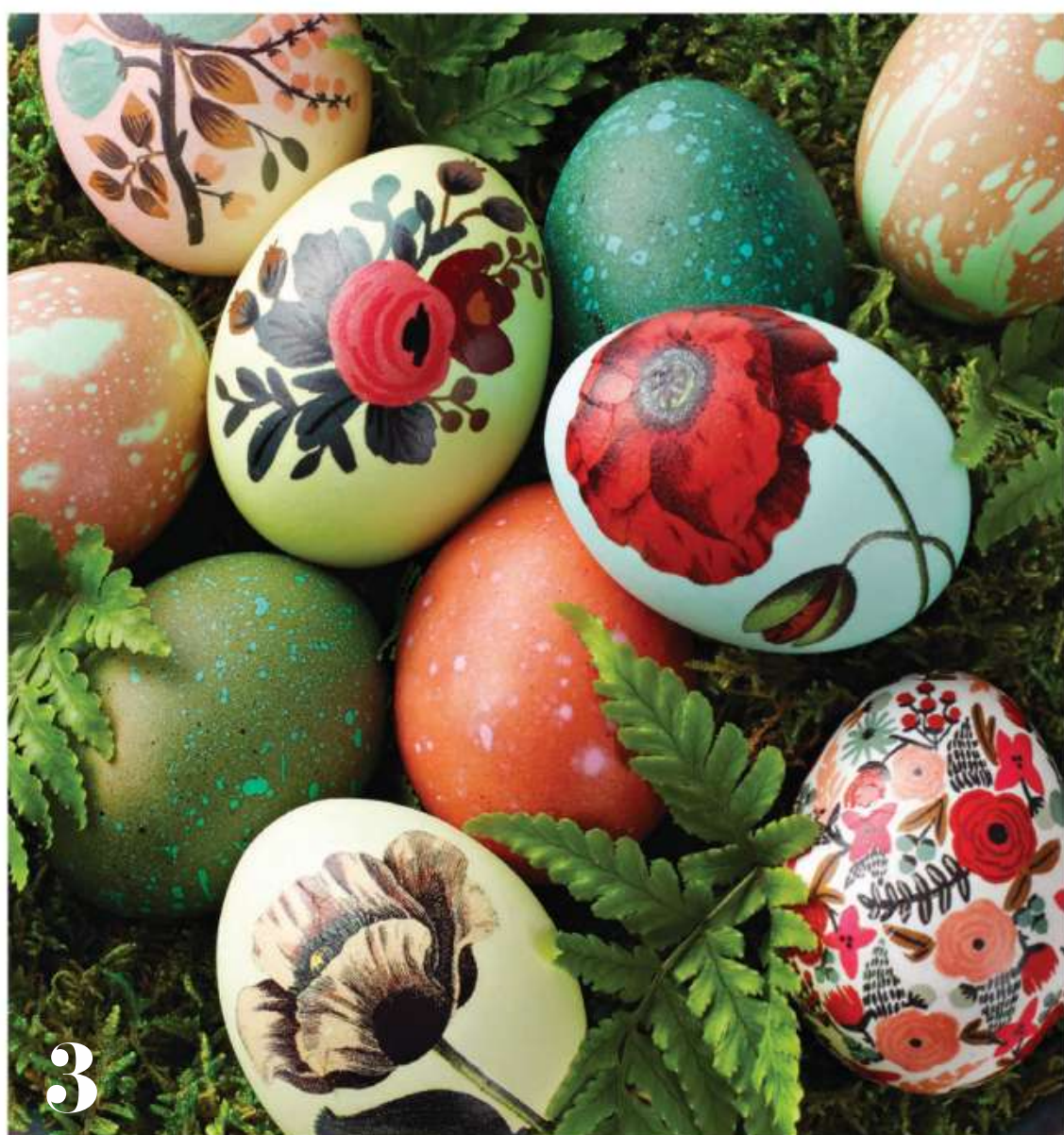




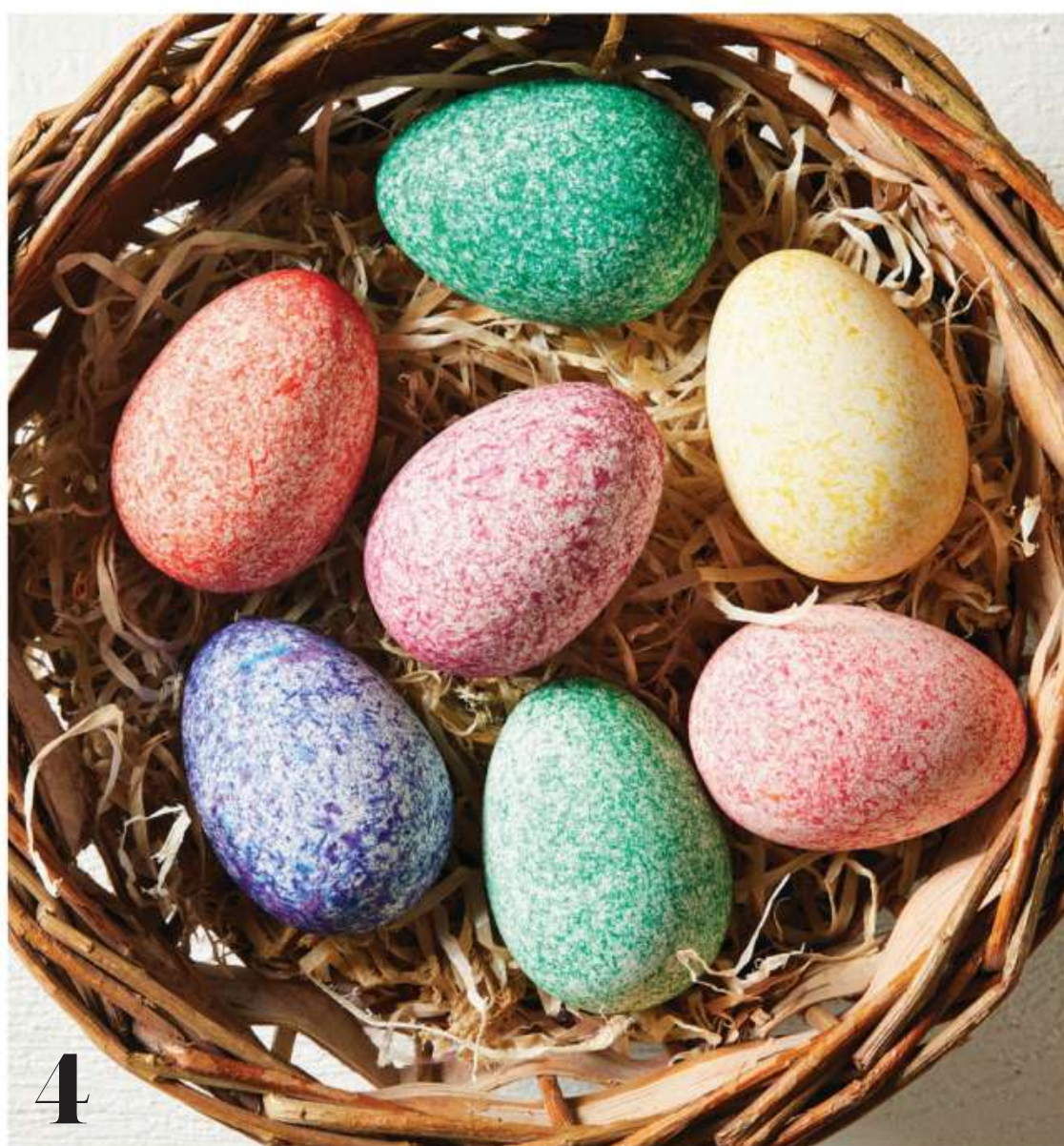
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MAKE 'EM FANCIER

Upgrade your egg-decorating repertoire with these unexpected tricks.

1

SILK PATTERN TRANSFER

Cut the wide end off an old silk tie. Wrap tightly around a raw egg, then wrap in a square of white cotton fabric (like an old T-shirt). Secure with a rubber band. Boil 20 minutes in a pot of water with 6 Tbsp. white vinegar. Watch the how-to: [BH&G.com/SilkTieEggs](https://www.bhg.com/silktieeggs).

2

CRAFT TAPE

No dye required. Cut assorted decorative craft tapes into geometric shapes (squares, triangles, or narrow strips). Press on the shapes to create patterns on hard-boiled or hollowed eggs.

3

TEMPORARY TATTOOS

Floral temporary tattoos (find lots of options at [etsy.com](https://www.etsy.com)) enhance plain dyed eggs. Apply tattoos as you would to skin: Position on a dyed hard-boiled egg and press gently with a damp paper towel to transfer the design.

4

RICE DYEING

Fill a large plastic cup with 1-2 cups of dry rice; add 10-15 drops of food coloring. Cover with a second cup and shake (like a cocktail shaker) to combine. Then drop in a hard-boiled egg and shake until the egg is speckled with dye. Watch our how-to: [BH&G.com/RiceEggs](https://www.bhg.com/riceeggs). ■



“Watching my daughter grow has made me more proud of my stretch marks.”

Dominique



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Mini florals in contrasting colors work well when paired with solid linens and a neutral backdrop.



WHAT IS A LIBERTY PRINT?

These small-scale florals are synonymous with the London department store that has printed them since the 1920s, but Liberty is also known for its paisleys and abstract patterns.

LIBERTY PRINTS

These mini florals are a century old but feel as fresh as ever on products that capture the originals' joyful spirit.

1 MINI FLOWER AND ZINNIA WASHI TAPES

Tape up photos or use in place of gift ribbon. \$4 to \$5; mt-tape.us

2 FUCHSIA ROSE PAPER LANTERN

Brighten a springtime celebration by hanging

a few of these. \$3 (14" diameter); paperlanternstore.com

3 LIBERTY COCKTAIL NAPKINS

Pick from some of the most iconic prints. \$26 for a set of four; littleflowerfabric.etsy.com

4 PRIM SOCIETY POPPY WALLPAPER

Comes in prepasted, nonpasted, and peel-and-stick options. From \$24 for a 2'x3' roll; spoonflower.com

5 BLUE FLORAL CUP

This 3½" melamine cup is 100 percent cheerful. \$9; ricebyrice.us

6 VIOLETS ARE BLUE FLORAL NOTEBOOK

Fifty-two pages of lined or unlined paper with a matte-finish cover. \$15; society6.com/annelaforlette

7 FACE COVERING

Project happiness when wearing these soft cotton masks. \$24; invitedjournal.com/collections

8 TANA LAWN COTTON FABRICS

For the DIY set, classic prints on silk-like cotton lawn. From \$23 per yard; fabric.com ■

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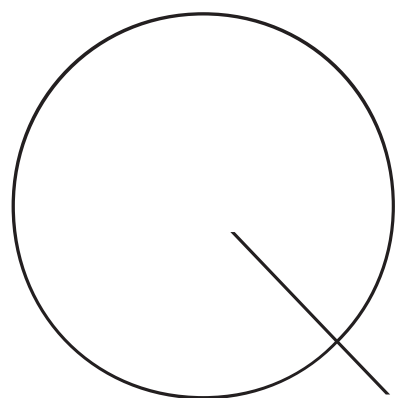
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“I’d like to do most of my shopping for a new home online. How do I get the info I need to make my decision?”

MOLLY BURKLE,
Minneapolis

When distance or pandemic precautions mean you can’t see many prospective properties in person, you have other options at your fingertips. But incorrect or missing details will complicate your search. For example, “A listing might not say that a bedroom doesn’t have a closet,” says Joseph Magsaysay of Better Homes & Gardens Real Estate Preferred Properties in St. Louis. “Legally you cannot call a room a bedroom if it does not have a closet or a window.”

To get the most accurate picture of a property remotely, take advantage of multiple research methods, then compare and cross-check what you learn.



■ HIT THE BIG SITES

House-hunting websites—such as Realtor.com, Zillow, Trulia, and Redfin—offer similar tools, including the ability to search for houses by price range and neighborhood. Photos that are 3D or 360-degree give a feel for the floor plan (though they can distort size and distance).

■ CHECK LOCAL PUBLIC RECORDS

You might be able to access the county assessor or treasurer office online and enter a street address.

“Tax records are public information, so you can see what the current owner paid for the property,” says Krista Cherry of Better Homes & Gardens Real Estate Property Shoppe in Ventura, CA. You can also look up assessed value, property taxes, construction permits, and square footage.

■ TAKE A “DRIVE”

Home editor Lauren Bengtson, a house-hunting hobbyist, turns to Google Maps for a closer look. “I’ll use street view and virtually drive through

a neighborhood to see what the house is near,” she says.

■ ENLIST A PRO

Real estate agents have access to Multiple Listing Services (MLS), proprietary databases of property listings considered more accurate than other sources. “We are highly regulated to update status within 24 hours, or there could be violations or fines involved,” Cherry says.

■ GET A FIRSTHAND ACCOUNT

A local real estate agent can help you

tour a home via videos or FaceTime. “Your agent can film a walk-through of the house,” Magsaysay says, “and answer questions like ‘Are the floors really wood or are they laminate?’” ■



ASK US

Got a question for the editors? Hover your phone camera here for a preaddressed email or write Ask.BHG@meredith.com.

beauty

DIY BEAUTY AT-HOME MANI UPGRADES

* CREAMY NUDES

These creamy polishes are easier to apply than sheer nudes, which can show brushstrokes or bald spots unless you use thin strokes and light pressure, says celebrity manicurist Miss Pop.

Want to update your nude mani? Swap the usual barely-there tint for a richer, more opaque tone. "There's now such a wide range of nude polish options that we're actually able to match all skin tones and play with contrast," says Gina Edwards, celebrity nail artist and Kiss brand ambassador. For a modern look, Edwards suggests going one tone darker than your skin tone. Or make a bold statement by picking a much lighter or darker tone than your skin. Turn the page for more mani tricks.

“There's no wrong or right shade to pick for yourself. It's a matter of the tone that you like and how it reflects against your skin.”

GINA EDWARDS,
celebrity nail artist



PREP TIP

Clean your nail bed with nail polish remover before applying any polish to help your mani last longer.

» **NUDES FOR ALL** Edwards suggests comparing a few bottles against the back of your hand to find your best shade. From top to bottom: ■ **Opi Nail Lacquer** in **Mimosas for Mr. & Mrs.** \$11; ulta.com ■ **Essie** in **You're a Catch** and **Wild Nude** \$9 each; essie.com ■ **Deborah Lippmann Gel Lab Pro** in **Naked** and **Skin Deep** \$20 each; deborahlippmann.com ■ **Sally Hansen Good.Kind.Pure** in **Raw Cocoa** \$9; walgreens.com ■ **Zoya** in **Emilia** and **Kateri** \$10 each; zoya.com



POST-POLISH TIP

When the top coat is dry, rub oil into cuticles.

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OLAY
BODY CARE
FEARLESS IN MY SKIN

“IF YOU NEED TO REMOVE POLISH STAINS, BUFF YOUR NAILS WITH A WHITENING TOOTHPASTE TO BRIGHTEN THEM UP.”

MONA GOHARA, dermatologist

hydrate YOUR HANDS

“Hands are taking a beating during this pandemic. We’re seeing tons of hand dermatitis and cracked cuticles,” says Connecticut-based dermatologist Mona Gohara, M.D. So make time for TLC between all the washing and sanitizing.

HAND CREAM

Reach for a rich formula, as in a cream or ointment. These have higher concentrations of oil so hydrate better than a lotion, which contains more water, Gohara says.

Curél Extreme Dry Hand Relief Cream (\$4; [target.com](https://www.target.com)) is nongreasy and long-lasting.

SANITIZER

To avoid irritation, chose a hand sanitizer buffered with moisturizers, such as

Dove Nourishing Hand Sanitizer (\$5; [target.com](https://www.target.com)). You’ll get germ-eradicating power without inflaming skin.

CUTICLE OIL

Dabbing cuticles with oil once a day not only prevents hangnails but also keeps nails more flexible, Miss Pop says. **CND SolarOil Pen** (\$13; [ulta.com](https://www.ulta.com)) is a tidy way to target cuticles.



FAUX TIPS

One little-known celebrity secret for perfect manicures: press-on nails.

“Press-on nails give you the length and color of a gel without the commitment,” Edwards says. She likes **Impress Color Press-On Manicure** (\$7; [impressmanicure.com](https://www.impressmanicure.com)), which have adhesive backings. Before applying, push back cuticles and get rid of any oils (or existing polish) on the nail plates with an oil-free polish remover. She also says, “I always suggest that you file the tip of your press-on slightly to get it smooth.”

polish STRIPS

Adhesive gel strips are among the easiest ways to get 10 pretty polished digits. Plus, no drying time.

1 SIZE Make sure the strip covers the width of the nail before removing the backing, Miss Pop says. Most kits include extra sizes for a close fit, but if you are between sizes, it is best to size down so the strip sticks to your nail, not your skin.

2 APPLY Use tweezers to peel the sticker off its backing. Align the sticker edge along one side of the nail and press across. “Then take your finger and smooth the sticker, tugging it slightly at the tip to get out any bubbles,” she says.

3 FILE Pull the sticker over the tip of your nail and file off the excess. “Hold the emery board at a 90-degree angle and file up and down,” Miss Pop says. Run a brush dipped in clear top coat along the tip to seal the edge. ■



NAIL ART HACK Cut on the diagonal or straight across to leave part of your nail uncovered for a negative-space mani. **Dashing Diva Gloss Gel Strips, \$7 each;** [dashingdiva.com](https://www.dashingdiva.com)

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Repair signs of damage and leave hair
ready for more heat, more color, more
of everything it takes to look as great
as you feel.





erica explores GREEN BEAUTY

However you define *green* or *clean* for your routine—fewer synthetics, organic, vegan, eco-friendly, or all of the above—it's never been easier to find your just-right option.

The beauty aisle is bursting with natural, cruelty-free, and sustainable options from familiar brands and new ones to discover. If you want a one-stop shop, I love online retailer NakedPoppy's high-tech approach to creating a personalized selection. Take a short quiz on 30-plus attributes (like age, skin tone, hair and eye color), and the site's algorithm curates your top makeup shades and skincare picks from 20-plus clean brands vetted by chemists.

Erica Metzger
beauty & fashion
director
Instagram
@embeautycoach

refillable deodorant

Keep the stainless-steel case forever to reload with **Dove 0% Aluminum Refillable Deodorant** as needed. Starter kit \$15, refills \$10 each; target.com

face balm

Founder Jessica Alba created this luxe, fragrance-free moisturizer for sensitive skin. **Honest Beauty Calm & Heal Melting Balm** \$33; honest.com

mascara

What's in it? Argan and marula oil. What's not? Parabens, sulfates, talc, and mineral oil. The tube is made from 80 percent recycled paper. **CoverGirl Lash Blast Clean Volume Mascara** \$10; target.com

tinted moisturizer

Refillable Milk Makeup Sunshine Skin Tint Broad Spectrum SPF 30 combines reef-friendly SPF, hydrating plant oils, and light makeup coverage in 14 shades. \$42 (refill cartridges are \$32); sephora.com

liquid liner

If you love a crisp cat eye, **NakedPoppy Clean Liquid Liner** delivers rich, smooth color with plant- and mineral-based ingredients. \$18; nakedpoppy.com



“Have you heard about this new clean line from legendary makeup artist Bobbi Brown? Tap this subtle shimmer on lids for a bright-eyed, no-makeup look.” Jones Road Just A Sec Eye Shadow in six colors \$26; jonesroadbeauty.com



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camel & TERRA- COTTA

Camel can be so much more than a calm canvas on which to layer other colors. When paired with the right companion, the warm tan tones step forward to share the spotlight. These days we're loving camel paired with pinky terra-cottas for how they evoke the tranquil feeling of watching a desert sunset.



Bring on Spring.

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Layered Retreat

Designer-stylist Hilary Robertson cozied up this urban loft with ruddy pinks and light camel. "The design taps into the trend for warm, earthy Southwestern colors you might find in Santa Fe," she says.

■ BUILD COLOR

Layering variations of terra-cotta (pastel, clay, and rust) on the walls and bedding softens the raw wood and concrete floor.

■ TRICK THE EYE

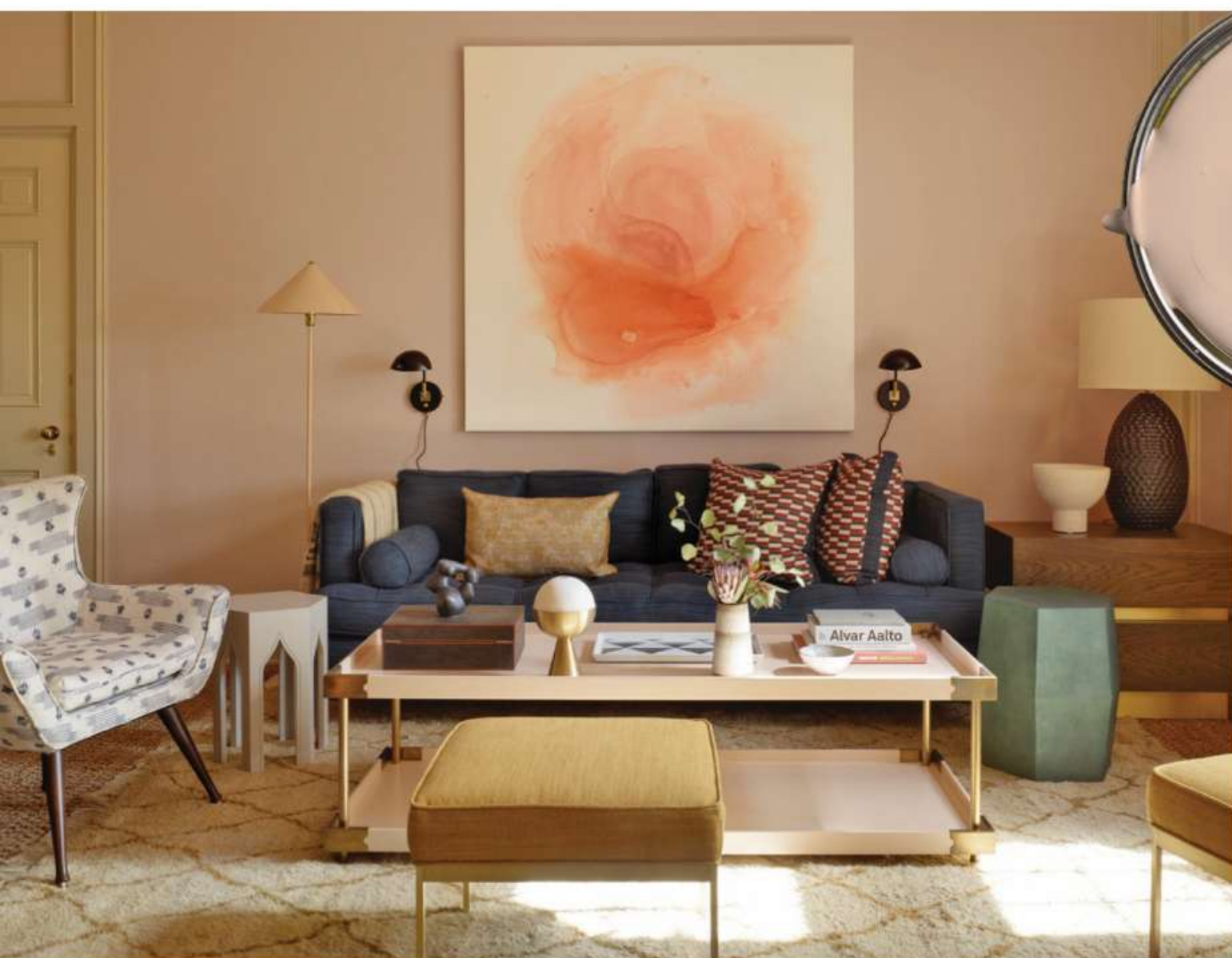
Decreasing visual interruptions by



painting walls a pink as light as the plywood headboard makes the room look larger.

■ CONTRAST IT

Black-and-white accents eliminate any worry that the room will appear monochromatic. "They give just enough tailored edge," Robertson says.



Comfy Perch

Interior designer Brian Paquette gave camel furnishings and woodwork a comforting glow with rosy terra-cotta walls.

■ GO TONAL

A coral painting

punctuates the blush walls; the peachy coffee table pulls in an even softer coral. Camel woodwork frames light tan carpeting without the sharp contrast white trim could create.

■ COOL DOWN

The navy sofa and green stool add moments of complementary color that prevent the room from visually overheating. "To look balanced, a room should touch on both sides of the color wheel," Paquette says.

shopping CALMING INFLUENCE

Find your zen with accessories that are easy on your eyes and your mind.



Joy Table
Lamp's matte clay finish creates soft, relaxing light. \$130; crateandbarrel.com

The Solstice Pillow channels golden-hour serenity. \$68; anthropologie.com



Preserved mauve hydrangeas are water- and worry-free. Three stems \$30, ribbed vase \$16; afloral.com



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gray & YELLOW

If gray walls or furniture are your decorating default, take a cue from Pantone's Color of the Year and let some sunshine in. Bringing in shades of yellow—from lemon to gold—is an of-the-moment way to flatter this favorite neutral. Thanks to gray's full-bodied base, warm and cool tones support even the brightest accents.

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**MAY TULIP
YELLOW**
43YY 69/543
PPG Glidden

**COVENTRY
GRAY**
HC-169
Benjamin
Moore

Sunny Spot

"Yellow is such a cheerful color that it instantly lifts gray's mood, even in cool Northern light," says interior designer Jessica Buckley.

■ THINK TONE

Cool bluish gray is a high-impact contrast with warm yellows. Yellow works with earthier grays too; it just hums rather than sings.

■ ADD IMPACT

Unlike pale shades, deep, saturated yellows look rich and vibrant against gray. Material plays a role too. "Velvet makes the color feel and look more sumptuous," Buckley says.

■ START SMALL

You don't need to reupholster a sofa to lift gray walls. "Try sunny shades in small doses. Swapping lampshades and cushions brings in a lovely dose of color."

Red and pink work well alongside yellow when all three are equally saturated.

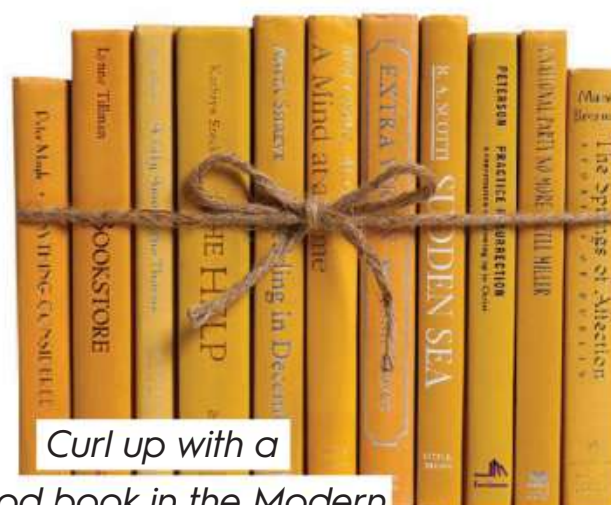


PROJECT JOY

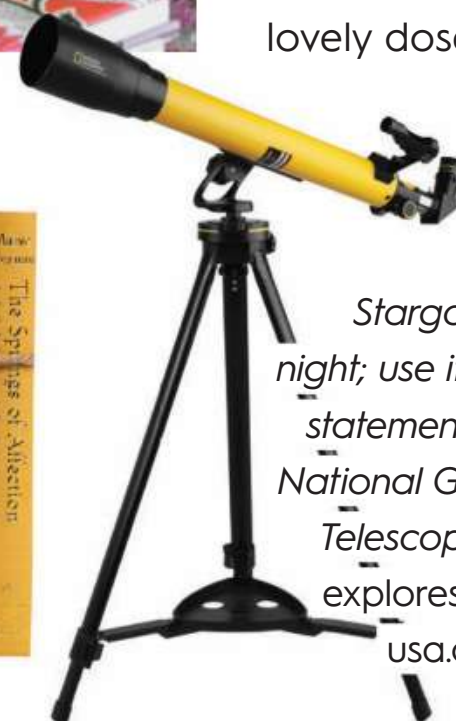
Hobbies can be sweeter when the things you use are also pleasing to look at.



Yellow chess pieces brighten the game. Silicone, \$20/set; chesshouse.com



Curl up with a good book in the Modern Saffron ColorPak. \$99; boothandwilliams.com



Stargaze by night; use it as a style statement by day. National Geographic Telescope, \$144; explorescientificusa.com



cream & SEA GREEN

One beautiful aspect of warm whites is how they can fade into the background, but pair cream with sea green and you'll see this subtle color's striking side. Light to lush, watery greens create a gentle contrast to sandy tones for a look as refreshing as surf meeting the shore.



GREEN SMOKE
47
Farrow & Ball

Chill Out Zone

Jenny Taylor of August Taylor Design frames creamy walls with smoky sea green for a scene that is serene, not jarring.

■ LEAN WARM

Warm blue-greens are generally easier to work with, and cream pulls out that warmth even more. "It keeps green from feeling sterile," Taylor says.

■ DRAW A LINK

The jute rug's small-scale, distressed pattern ties shades of sea green and blue to cream without competing for attention.

■ DOUBLE DOWN

For foolproof accents that build dimension, work in brass or gold, which echo cream's warm undertones.

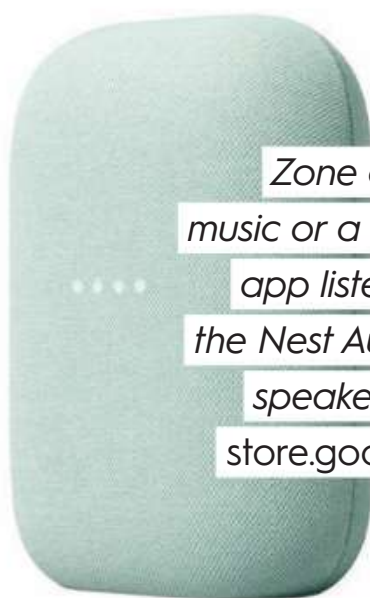


shopping REST & REFRESH

Embrace a do-nothing day with these relaxation-inducing finds.



Tote books to a quiet reading nook with Baggu's Canvas Bag. \$34; food52.com



Zone out to music or a meditation app listening to the Nest Audio smart speaker. \$100; store.google.com



While the day away, indoors or out. Cotton Hammock Swing, \$129; artissanos.com

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PEALE GREEN
HC-121
Benjamin Moore

Playful Corner

Deep muted green envelops a cream dresser and oversize rug in this nursery by Veronica Valencia of The Design Hunters.

■ PAIR WISELY

"Greens and creams can have yellow or blue tinges. The key is pairing ones with the same undertones," Valencia says.

■ DIP A TOE IN

Audition having an expanse of green using curtains. "Hang them all the way at the ceiling and see how it feels to have that color statement in the room." Once you've acclimated, paint the walls green. "A trick I often use to elevate a room is tone-on tone drapery and walls."

■ GO NATURAL

You can't go wrong pulling in elements from Mother Nature. "A rattan pendant light weaves in the room's soft wood tones as an additional outdoors-adjacent accent color." ■



TERESA'S GREEN
236
Farrow & Ball

Fresh Start

The combination of pale, warm aqua with the cream drapery, woodwork, and trim is a soothing statement in this sunny breakfast room by designer Mary Patton.

■ CONSIDER USE

Think about when you're most often in a room. These light tones are easy on the eyes—ideal first

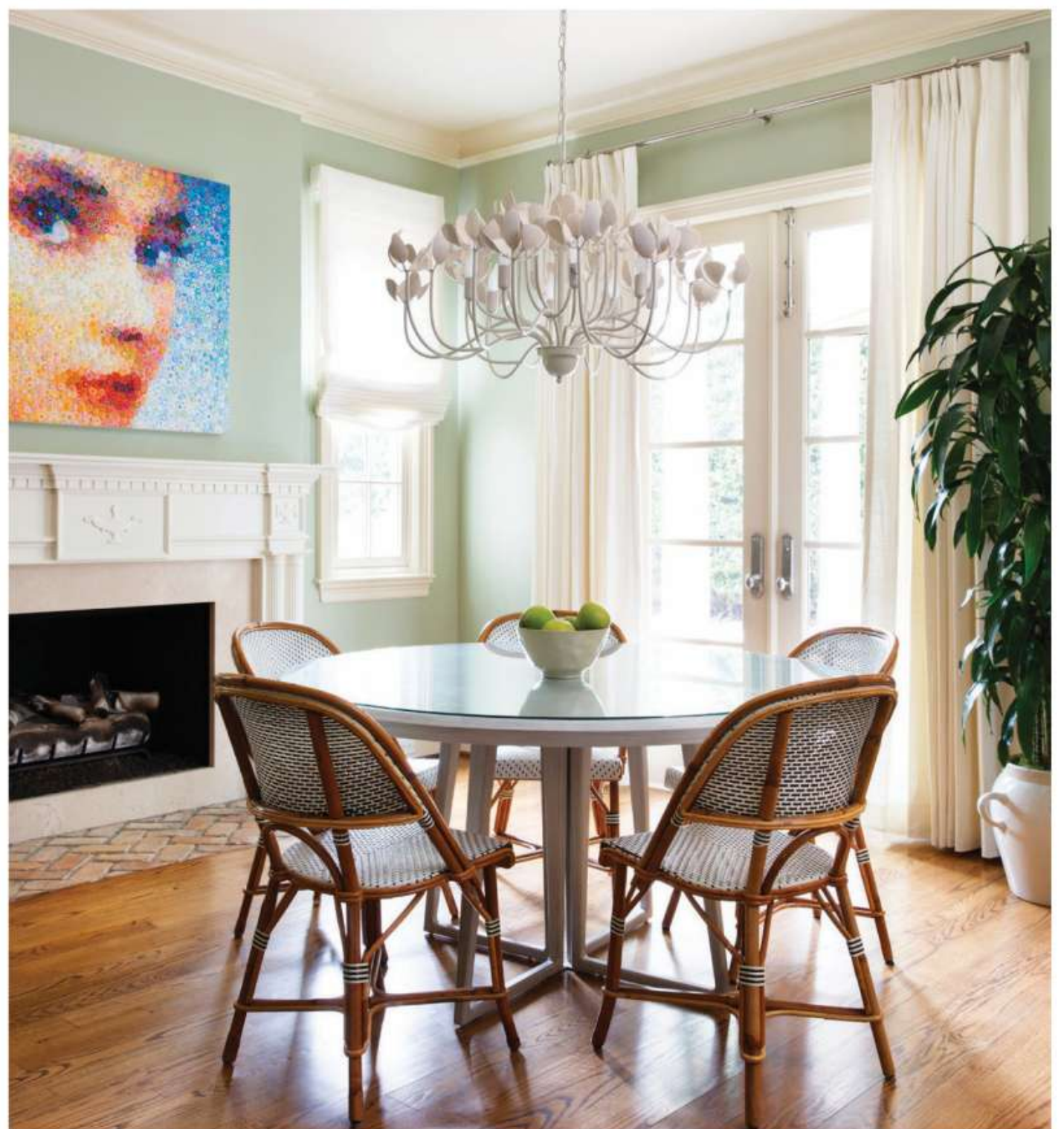
thing in the morning—where a dark shade would dramatically call attention to itself against cream.

■ GAUGE LIGHT

You might be surprised at how greens morph depending on the light and time of day. If you're painting a room that is dark (e.g., a north-facing or dimly lit room), Patton suggests a color that's 50 percent lighter than you envision to keep this airy mood.

■ LOOK DOWN

"If your wood floors have a yellow tint, be careful not to pick too cool of a green, which will read more blue," says Patton, who likes that this shade has ample warm undertones.



“LAYERING TONES OF GREEN AND CREAM ISN'T FUSSY AND ALWAYS READS SOPHISTICATED.” VERONICA VALENCIA, interior designer

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**



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Thank you to all the patients, nurses, and physicians in our clinical trials.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious.

Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See “What is the most important information I should know about OPDIVO + YERVOY?”**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.



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PUT ON YOUR easter best

Inspired by vintage collectibles and the Peter Rabbit tale, stylist **Eddie Ross** creates Easter tabletops using everyday items as holiday decor.



It's a garden party scene—indoors edition—this Easter at stylist Eddie Ross' house, where ceramic bunnies perch amid 1950s cabbage plates and sunny ranunculus on the dinner table. Everything is on-theme but not over the top, thanks to a tight color palette and versatile collectibles. "These are all things that, when they come together, read Easter," Eddie says. "But you can really use them individually year-round." Create the look for your table by embracing vintage and rounding it out with quick DIYs.

GINGHAM STYLE

A no-sew runner sets a simple but playful base. Eddie finished the mint fabric's edges by folding and ironing on Stitch Witchery.

Ceramists such as Bordallo Pinheiro popularized this style of plates, pitchers, and bowls called lettuceware during the '60s. See p. 46 to shop.

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earthy bouquet

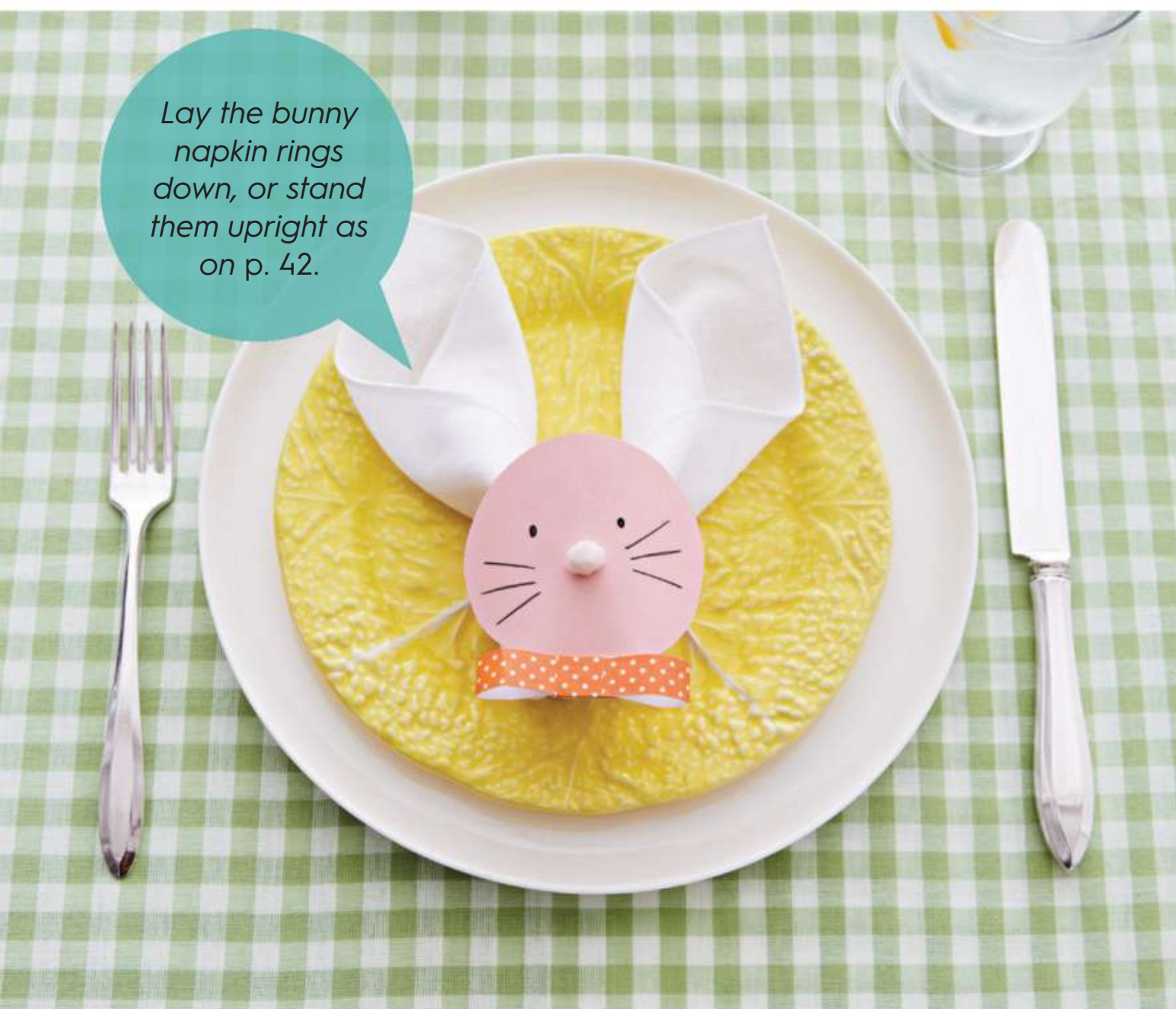
This centerpiece plays up carrots' sunny colors. You need carrots with their frilly greens still attached and a clear vase to show off the roots. Pair with yellow and orange ranunculus and tulips, or other spring flowers in similar tones from the grocery store. Wash carrots thoroughly (but don't peel) before arranging to keep the water clean.



bunny napkins

The bunny face is drawn on a circle of cardstock (trace around a glass) and has a pom-pom nose glued on. The jaunty bow tie is a loop of patterned cardstock. Glue ends of a 6-inch-long, 1/2-inch-wide strip into a loop; pinch and glue together at center. For bow tie knot, wrap a 2-inch-long strip around the cinched center; glue ends. Glue back of bow to bunny face, then glue back of bunny face to paper band around folded napkin (how-to, right).

Lay the bunny napkin rings down, or stand them upright as on p. 42.

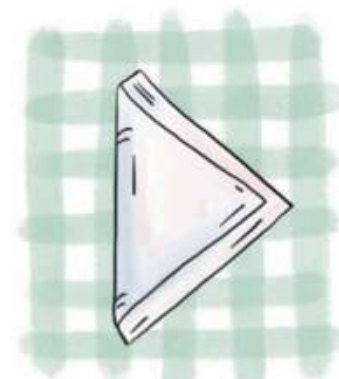


“You can have an Easter that’s playful and kid-friendly but still sophisticated. A little goes a long way with decor.”

EDDIE ROSS

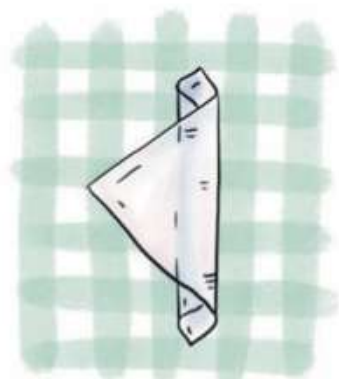
HOW TO FOLD

Create bunny ears with a napkin in five steps.



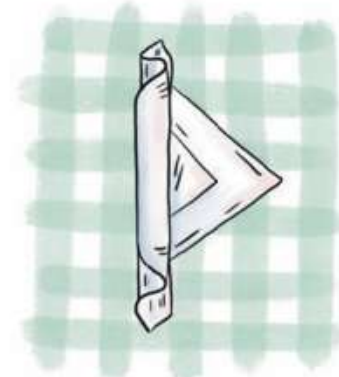
STEP ONE

Fold square napkin nearly in half so top half is slightly smaller.



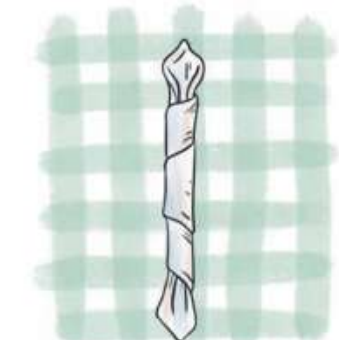
STEP TWO

Fold tip over long edge to begin making a loose log shape.



STEP THREE

Continue to roll, pulling fabric tighter at center of log.



STEP FOUR

Spread and pull open ends slightly for more of an ear shape.



STEP FIVE

Accordion-fold the center with tips pointing up; wrap with a band of paper. Glue on the face, left.

MADE RIGHT.
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PROJECT Joy

Eddie fills plastic eggs with clues for an Advent calendar-style treasure hunt. He numbers eggs so there's one for each day of the week leading up to Easter.



Easter countdown

Eddie keeps the egg decorating simple in his treasure hunt display by using washi tape and stick-on glittered numbers. Inside the eggs are on-theme clues like "Where might you find dust bunnies?" leading to gifts hidden around the house. (Under the bed in this case.) He arranges numbered eggs and candy-filled eggs on stacked cake stands.

► To download our scavenger hunt clues to print and cut out, hover your smartphone camera over the smart code or visit [BH&G.com/EasterIdea](https://www.bhg.com/EasterIdea).



COLLECTORS CLOSET

Kick-start your own collections with items that are decorative and functional.



WOVEN CERAMICS

Display decorated eggs in them as a centerpiece, or use them as sophisticated Easter baskets. Shop ceramic bread baskets at home-goods stores.



EGG CUPS

Eddie inherited his favorites from his grandma Dottie, but midcentury Japanese pieces like his can be found on [etsy.com](https://www.etsy.com) and [ebay.com](https://www.ebay.com).



CABBAGE PLATES

Cabbage leaf plates from Portugal come in a variety of colors. Shop for new and vintage at [replacements.com](https://www.replacements.com). ■

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i did it!

In four weeks, a bargain hunter created an **inviting sunroom** with a built-from-scratch relaxation spot and gained mad painting skills and power tool confidence.



Avery Michaels knew her enclosed porch had potential. While mulling over design plans in an airport terminal, her project really took off. For a twist, she'd leave the windows bare but add curtains and "a view" to an end wall in the 9×30-foot space.

"Everything else fell into place from there," she says. The makeover star is a bed swing Avery and her brother-in-law built for \$150—a huge savings over the \$1,000 swings she found as inspiration—using off-the-rack pine lumber, 40 feet of rope, and a twin-size mattress she owned. In fact, Avery spent only \$500 on the entire facelift. Find out how on the next page.

The long sunroom serves as the entry to the Alta, IA, home.

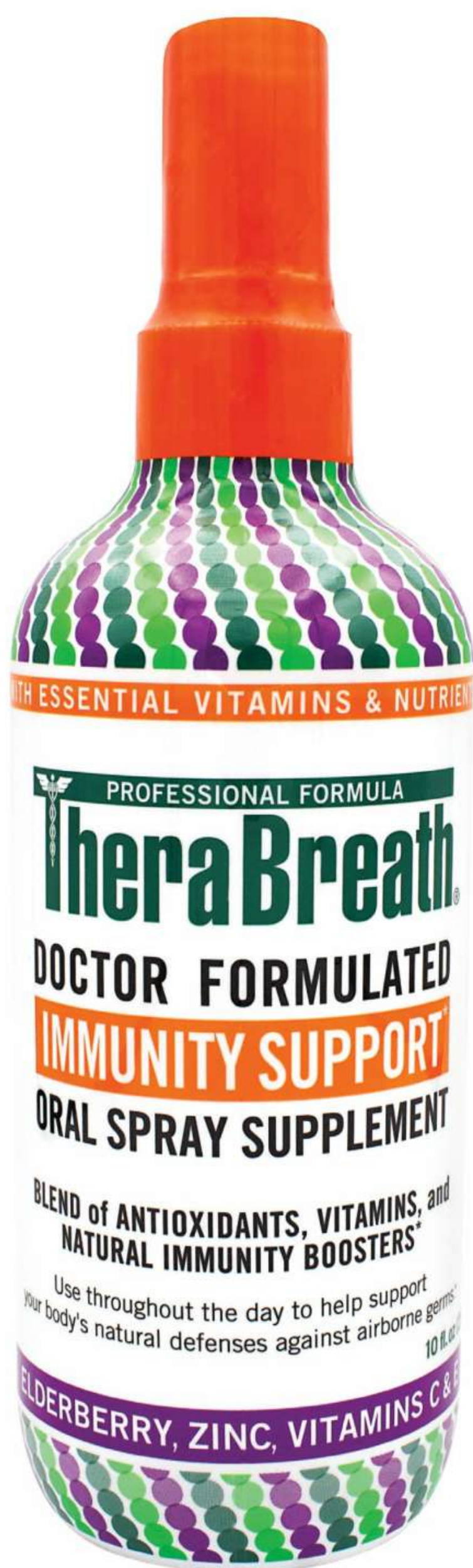


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WHAT SHE DID

Avery's sunroom project involved woodworking, fabric dyeing, and sewing, as well as painting every square inch of the space. "The thing that surprised me most was how big an impact fresh paint made," she says.



MEET AVERY

She shares bargain decorating ideas on Instagram (@hollandavenuehome).

FAVORITE TOOL

"My imagination. Nothing makes me more excited than dreaming up an idea and making it come to life. I'm also surprised how often I use my electric sander. Spend the extra \$20 to go cordless. You won't regret it."

CAN'T LIVE WITHOUT

"Rugs. My friends make fun of how many I've collected. They're cozy, colorful, and have the power to completely change the look of a room. I play musical rugs once a month for entertainment and a good workout."

BEST WAY TO SPEND \$50

"A \$20 piece of thrifted furniture, \$20 worth of supplies to freshen it up, and \$10 on snacks while you do the project."

NEXT DIY PROJECT

"It's probably waiting for me at the thrift store." ■



1 BED SWING

To safely hang the swing, Avery and her brother-in-law installed screw eyes with hitching rings (properly rated for the estimated weight) into the ceiling joists. They threaded 1"-diameter rope through each ring and through holes drilled into each corner of the swing,

knotting the ropes securely at the bottom and top. Waiting to insert the plywood seat support until the swing was in place left room to work.

2 WALL REFRESH

After painting the walls and ceiling white, Avery created a feature wall using deep blue Chalk Paint (Aubusson Blue;

anniesloan.com). The art is a framed piece of wrapping paper (Birds Natural History, \$9; papersource.com).

3 COATED FLOOR

A friend gave Avery leftover epoxy to spiff up the concrete floor.

4 CURTAIN PANELS

For visual warmth, Avery dyed plain

white curtains from IKEA in her washing machine and pleated the top for decorative top-to-bottom folds.

5 STUMP TABLE

Avery picked up the tree stump—free for the asking—at a local antiques store. She sanded and sealed it, then nailed a piece of felt and furniture glides to the bottom.

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Better Homes & Gardens®

CLEAN HOUSE AWARDS

Our editors put hundreds of new sprays, wipes, detergents, and tools to the test. Our must-haves: products that are as easy to use as they are powerful. Bonus points for being safe and friendly to the planet.

LAUNDRY

Lots of products deliver fresh and clean results. Our picks do more—decrease waste, destink workout wear, and destain nearly anything.

**ZERO-WASTE
PACKAGING:
+10 POINTS**



1

ECO DETERGENT

**Kind Laundry
Detergent Sheets**
Natural ingredients
get effective
results, even in cold
water. \$22

2

SCENTED DETERGENT

**Gain
Essential Oils**
Deep clean; long-
lasting scent. \$4

3

CONCENTRATE DETERGENT

Stop using
too much.
**Swash Laundry
Detergent's**
ingenious cap
means you always
pour the tiny
amount actually
needed. \$16

PROBLEM SOLVERS



ODOR FIGHTER Clorox Laundry Sanitizer

Wipe out bacteria
that cause persistent
smells. \$4



DRYER SHEET Hex Performance Wet Dryer Sheets

Premoistened sheets
condition fabrics
and reduce odors.
\$9 for 20



STAIN FIGHTER Ingredients Matter Stain Stick \$7

"Just rub and
watch the ketchup
stains start
to disappear."
CHRISTY BROKENS,
art director



TRAVEL STAIN SOLUTION

Tide To Go Wipes
Large sheets for
whatever befalls you
on the go. \$5 for 10

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YOU'LL HAVE
TIME TO
STOP & SMELL
THE ROSES

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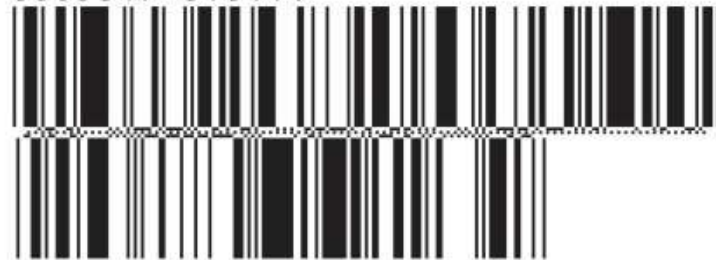


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RELAUNCHES IN MAY WITH THIS BIGGER HEAD AND SCRUB BRUSH ATTACHED.

1

2

CHOOSE A SPRAY SOLUTION FORMULATED FOR WOOD FLOORS OR MULTIPLE SURFACES.

3

4

THE STANDOUT

"I thought the snout would be too small, but now I realize that's its genius. You can sneak it into tiny spaces."

AMY PANOS, home editor



HAND VAC

One rechargeable battery powers a fleet of tools, including an upright vacuum, a wet-dry utility vac, and a blower to dust off your patio.

Hoover OnePwr Dust Chaser \$140 with battery or \$100 hand-vac only

1

UNIVERSAL MOP
Libman Heavy Duty Wonder Mop
A robust upgrade for this classic. \$13

2

TWO-IN-ONE
Shark VacMop Pro
Suck small bits into a chamber in the disposable pad, then spray to mop. \$100

3

ECO MOP
Infuse Spray Mop Cleaning Kit
Nontoxic soap refills come in tiny cartridges. \$30

4

DO-IT-ALL VACUUM
Dyson V11 Outsize
The price tag is high, but this heavy-duty cordless doubles as a hand-vac and handles everything: carpet, hard floors, pet hair. +20 for a huge dustbin and an extra battery. \$800

REVVED-UP ROBOTS



SELF-EMPTYING
iRobot Roomba i3+
When the vac docks to charge, its dustbin automatically empties. \$600



VACUUM/MOP
Ecovacs Deebot Ozmo U2 Pro
Attach the water basin and microfiber pad to mop. \$350



SMART VIEW
Roborock S6 MaxV
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With so many different kinds of surfaces, the bathroom demands high-powered utility players.

BATHROOM

1

HARD-WATER BUSTER

9 Elements

Bathroom Cleaner

Dissolves soap scum on multiple surfaces. \$5

2

DISINFECTANT

CleanWell Botanical

Disinfectant

Bathroom Cleaner

One product to disinfect toilet seats, clean out the sink, and do the mirrors. \$4

3

TOILET CLEANER

Seventh Generation

Toilet Bowl Powder

\$10 "You can hear it working. Let it fizz while you clean the rest of the room. A quick scrub and you're done."

CHRISTY BROKENS,
art director



This vinegar-based brand is formulated for homes with hard water. The bathroom cleaner was a favorite, but we rated the whole line as effective.

THE STANDOUT

Our testers raved about these sheets. Coarse or fluffy, pet hair was no match.

PETS

Pet ownership jumped by 2.3 million in the last year.* Foolproof cleanup makes puppy love a little easier.



DRYER SHEET
Bounce Pet Hair and Lint Guard Mega Dryer Sheets

They not only remove hair but prevent more from sticking. \$5



PORTABLE CLEANER
Bissell Pet Stain Eraser PowerBrush Carpet Cleaner

Simple to use for stains or messes, and the machine cleans easily after use. \$120



STAIN REMOVER
Oakwood Urine Stain & Odor Remover

Natural and effective. Bonus points for the easy-spray handle. \$13



DEODORIZER
Aunt Fannie's Carpet Refresher

We like the minty scent and simple ingredient list. Sprinkle freely over carpet or upholstery. \$10



WIPES

If there's one room to embrace the use-it-and-lose-it ease of disposable, let it be the bathroom.

KATY KICK CONDON,
home editor

Scrubbing Bubbles Antibacterial Bathroom Wipes \$4



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Babyganics Toy & Highchair Cleaner
If your kids like to help, try the wipes version. \$5



STONE SURFACE CLEANER
Pledge Granite & Marble \$5

“The light spray is easy to control and gave my granite a really nice shine.”

KIT SELZER, home editor



GRIME CUTTER
CLR Active Clear \$5

“Meal prep mess came off my counters in one swipe.”

CAITLIN SOLE, digital editor



AEROSOL SANITIZER
Microban 24 Hour Sanitizing Spray \$6



LABELS GLOSSARY

CLEAN Removes dirt and grime

SANITIZE Reduces germs to a safe level

DISINFECT Kills even more bacteria and viruses



WOOD CLEANER
Rejuvenate Green Natural Cabinet and Furniture Cleaner \$8



SPRAY BOTTLE
For concentrate cleaners. BH&G Collection® for Walmart \$4

MIGHTY WIPES



ALL-PURPOSE
Clorox Compostable Cleaning Wipes Compostable! \$5



DISINFECTANT
Arm & Hammer Essentials Disinfecting Wipes
Natural citrus-based formula and ample-size sheets to cover a lot of ground. \$5



TRAVEL
Lysol To Go Wipes
Put a pack in your shopping bag, purse, and car. \$1



ELECTRONICS
Windex Electronics Wipes
That high-def TV looks better fingerprint-free. \$5



STARTER KIT

“Cleaned shower-door water spots, dog nose prints, even BBQ splatters on the door to the deck.”

MARIA DURYEE, copy chief

If you're starting from scratch or looking to greenify your setup, pop in the pods, add water, and get going. The glass cleaner worked especially well. **Good Green Cleaner Starter Kit** \$43



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Effective and a little fun: Our picks tweak the dish-washing experience just enough to make the job less of a chore.



"I HAD NO IDEA I NEEDED THIS.

The vented top gives the sponge proper air circulation, and the one-handed pump to soap the sponge works really well.

Transcendent!"

MIRANDA CROWELL,
West Coast editor

SPONGE HOLDER
OXO Soap
Dispensing Sponge
Holder \$18



1

SPRAY SOAP

Dawn Powerwash
Dish Spray

Our pick for tackling one greasy pan at a time. Ideal for the dye-averse. \$5



2

SCENTED SOAP

Method Honeycrisp
Apple Dish Soap

Rich lather, fruity scent: If there's a way to luxuriate over dishes, this is it. \$4

LID FLIPS
OPEN ONE-
HANDED:
+5 POINTS

2



3

DETERGENT

Cascade Platinum
plus Oxi Testers

noted a distinct sparkle on glasses and silverware. 33 pods for \$11

UTILITY TOWEL

They're a game changer. The perfect size and weight to do everything a paper towel or a sponge does. And they air-dry quickly.

KIT SELZER,
home editor

Plus, we love the designs and zero-waste packaging. Dropps Swedish Dish Cloths \$13 ■



READY TO START CLEANING?

To dig deeper into our winners (and make purchases on the spot), hover your smartphone camera over this code.



UTILITY TOOL

"I was skeptical. Do I need a plastic stick to scrape off stickers? No. But it does so much more: candle wax, soap scum, paint on glass, grime in crevices. Yes, it's a fingernail saver—and a winner for scratch-off lotto tickets."

DIANA DICKINSON, features editor Scrigit Scraper Wide-Blade \$12 for three

HOMEMADE

starts with a home.

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color yourself healthy

Plant vibrantly colored fruits and vegetables and your garden can be a pathway to a better diet. In her new book, author **Ellen Ecker Ogden** explains how to do it.



it's pretty commonly accepted wisdom that growing your own food is good for you. But you can make it an even healthier pursuit: Science has shown that deep-colored vegetables and fruits—purple, blue, orange, red, and dark greens—are particularly high in antioxidants.

When I learned that, I began to think differently about what to plant in my own garden, choosing vegetables and fruits for color as well as flavor. Many highly nutritious vegetables and fruits are older heirloom varieties that closely resemble wild cultivars. For example, blue potatoes and purple tomatoes, which originated high in the mountains of the Andes, contain more antioxidants than an Idaho spud or a modern beefsteak. You can dedicate a whole garden to these plants (turn the page to see my design plan) or work a few varieties into your existing beds and diet.



*** SEED TO SEED** I like to start my kitchen garden in southern Vermont from heirloom seeds (from companies such as Wild Garden Seed and Fruition Seeds), rather than buying seedlings, so I have the widest option of varieties. Heirlooms are open-pollinated, which means at the end of the season, seedpods will form that you can harvest for seeds to plant next year.

MAMA MIA.

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provenwinners-shrubs.com



[THE PLAN] COLOR WHEEL GARDEN

One of several sample garden plans in my book, the shape of this 36×36-foot kitchen garden was inspired by the color wheel. It's practical, too, allowing for easy access to 4-foot-wide in-ground beds from all sides.

I chose the plants, many of which I also grow in my own home garden, for their color in the landscape and on the plate. Planting time depends on your region (refer to seed packets); sow in succession so not all the produce ripens at once.

1 SUNFLOWERS

Mixed colors

2 TOMATO

'Red Currant'

3 POTATO

'Purple Peruvian'

4 SNOW PEAS

'Carouby de Maussane'

5 CAYENNE

Long Red Slim

6 SPINACH

'Bloomsdale Long Standing'



7 SHALLOTS

'Zebrune'

8 BEETS

'Chioggia'

9 BRUSSELS SPROUTS

'Red Rubine'

10 CARROTS

'Cosmic Purple'

11 COLLARDS

'Vates' or 'Champion'

12 LETTUCE

'Merlot'

13 SAGE

Tricolor

14 MUSTARD

'Purple Osaka'

15 NASTURTIUM

'Vesuvius'

16 TARRAGON

French

ELLEN'S DESIGN TIPS

Advice to keep any kitchen garden looking its best: ■ **SOW STRATEGICALLY** Stagger by height throughout the garden, such as the pole beans and bush beans in the beds at *right*. ■ **PLANT FOR IMPACT AND EASE** Clustering several plants of the same variety is visually striking and practical because they need the same amount of sun or shade, water, and fertilizer. ■ **GIVE IT CURVES** Create an elegant bed by incorporating curves and arcs. It takes a little planning on paper, but you'll be delighted once the colors come in.





little swim

big day

When you're living with moderate to severe plaque psoriasis or psoriatic arthritis, little things can become your big moment.



Otezla is different. It's a pill—not an injection, biologic, or cream.
After 4 months of treatment:

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 - Otezla is also proven to **help with moderate to severe scalp psoriasis**
- For **psoriatic arthritis**, some people can experience **less joint swelling, tenderness, and pain**
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APPROVED USES

Otezla® (apremilast) is a prescription medicine approved for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

Otezla is a prescription medicine approved for the treatment of adult patients with active psoriatic arthritis.

IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, or suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, or suicidal thoughts or behavior. Be sure to

tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, upper respiratory tract infection, runny nose, sneezing, or congestion, abdominal pain, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

*Certain restrictions apply; eligibility not based on income.

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Most people with private insurance **pay nothing out of pocket** for their prescription.

After you're prescribed, you have the same opportunity to save.

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2. Call **1-844-4OTEZLA** (1-844-468-3952)
3. **Ask your doctor** about the \$0 co-pay card

We've got *you* covered

If you have private insurance and are experiencing delays or your private insurance doesn't cover Otezla, you may be eligible for **free medication** through the **Otezla Bridge Program**.†

If you have government-issued insurance (Medicare or Medicaid) or are uninsured/underinsured, you may be eligible for the **Patient Assistance Program**.

If you have lost prescription coverage during this pandemic, please contact **Otezla SupportPlus**™. They will work with you to find the right resources to help you with your treatment.

For all Otezla savings questions:
call **1-844-4OTEZLA** (1-844-468-3952)



*Certain restrictions apply; eligibility not based on income, must be 18 years or older. This offer is not valid for persons eligible for reimbursement of this product, in whole or in part under Medicaid, Medicare, or similar state or federal programs. Offer not valid for cash-paying patients. People who are not eligible can call 1-844-4OTEZLA to discuss other financial assistance opportunities.

†To receive a free bridge supply of Otezla, you must have an on-label diagnosis and be denied or experiencing a delay in obtaining coverage. Federal, State, or similar insurance plans are not eligible for Bridge. Once Otezla is approved by your commercial insurance plan, you will no longer be eligible for the Bridge Program.

Brief Summary of Prescribing Information OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

Rx Only

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA?

OTEZLA may cause serious side effects:

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of adult patients with active psoriatic arthritis.

OTEZLA is a prescription medicine used for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?

Tell your doctor if you:

- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?

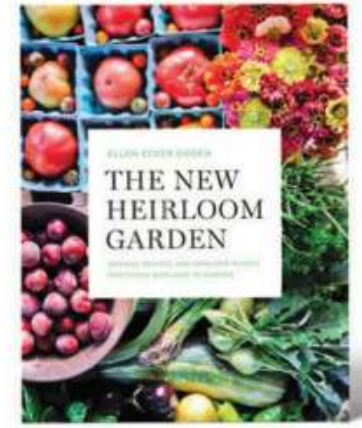
- OTEZLA may cause serious side effects. See “What is the most important information I should know about OTEZLA?”
- **Common side effects** of OTEZLA are:
 - diarrhea
 - nausea
 - headache
 - vomiting
 - upper respiratory tract infection
 - tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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**READ UP**

Find kitchen garden design ideas, plant picks, and recipes in Ellen Ecker Ogden's latest book, *The New Heirloom Garden*. \$25; penguin randomhouse.com

**BRAISED COSMIC CARROTS**

Trim ferny green tops off 8 medium **heirloom carrots** (about 1 lb.), preferably mixed colors. If carrots are young and tender, keep them whole and leave 1 inch of stem; otherwise, cut into matchsticks. Place carrots in a saucepan along with 2 Tbsp. **unsalted butter** and enough water to barely cover. Simmer over low 15 minutes or until tender, adding water or butter as needed to keep carrots from sticking to pan. Season lightly with **salt** and **black pepper**, sprinkle with 1 Tbsp. chopped **fresh tarragon**, and serve. ■

“I love a fresh carrot pulled straight from the ground but also enjoy them cooked, which increases their nutritional content.”

ELLEN ECKER OGDEN

second act

In Northern California, a couple of recent empty nesters set their sights on a bold, water-saving backyard remodel.



WE LOVE
Affordable and weather-resistant, Western red cedar is a good choice for garden structures.

While raising two daughters at their suburban home in Lafayette, CA, Alistair and Jeanette Shearer didn't pay much attention to the backyard, an expanse of lawn and concrete around a 1960s pool. But after their daughters left for college, the couple cast a more critical eye out their back windows, envisioning a retreat where they could garden, relax, and entertain.

In 2016, they realized their vision with the help of Roxy Designs, a sustainable landscape design company run by owner Roxy Wolosenko and designer Julie Lienert. To conserve water—vital in drought-prone California—and maximize growing

HARD & SOFT

A series of wooden arches acts as a corridor to the garden's central lounge space: a firepit encircled by Adirondack chairs. Grasses and native flowers spill over the edges of the geometric forms soften the hardscaping.

space, the designers tore out the thirsty lawn, the concrete, and the pool (which, in a particularly ambitious move, they converted into an underground tank to hold rainwater). In their place, Wolosenko and Lienert surrounded a firepit area with low-water Mediterranean and California natives, plus raised beds for vegetables.

Today, Jeanette loves tending to her tomatoes or reading in the hammock. Alistair gets lost in doing the pruning and deadheading. "I think the redesign has changed the way they connect to their outdoor space," Lienert says. "Alistair is very hands-on about the garden; the plants are like his children."

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TREE TO TRY
With gnarled branches, 'Twisty Baby' dwarf black locust adds interest without dominating a yard.

“ONE OF THE BEST THINGS THIS REDESIGN ALLOWED US TO DO WAS DONATE THE LAWN MOWER.” ALISTAIR SHEARER



SMOOTH TRANSITION

A path of rectangular stone tiles echoes the horizontal lines of the house and bridges the space between home and firepit area. Mature Japanese maples let in just enough sun so that the Mendocino reed grasses shimmer.

SUN SEEKERS

The couple's original vegetable and cut-flower garden struggled in a shady spot in front of their house, so the remodel moved it to this sunny corner of the backyard. The arches cut a path from the firepit to three 2×6-foot raised beds of durable redwood.



Important facts about FANAPT® (iloperidone) tablets

PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

IMPORTANT SAFETY INFORMATION BOXED WARNING:

Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased

heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt®. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt®.

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt®. This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt®.

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt®, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt®. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt®.

To access the full Prescribing Information, including BOXED WARNING, visit www.Fanapt.com.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more about savings at www.Fanapt.com.

“THE GARDEN IS EVEN MORE IMPORTANT THAN OUR INDOOR SPACES THESE DAYS.” ALISTAIR SHEARER



**LANDING
SPOT**

The firepit's wide rim serves as a surface for drinks or feet when the fire is out.

BELOW THE SURFACE

Guests around the firepit never guess they're standing above a 7,100-gallon rainwater tank. Downspouts from the house direct rainwater to the tank, which provides water for irrigation.

LITTLE PACKAGE,
LOTS OF FLAVOR—
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Your Pet, Our Passion.

GROUND RULES

A third of the United States experienced at least moderate drought last summer, so it's worth considering your landscaping water needs. Preserve resources with these tips.

1 SLOW AND STEADY

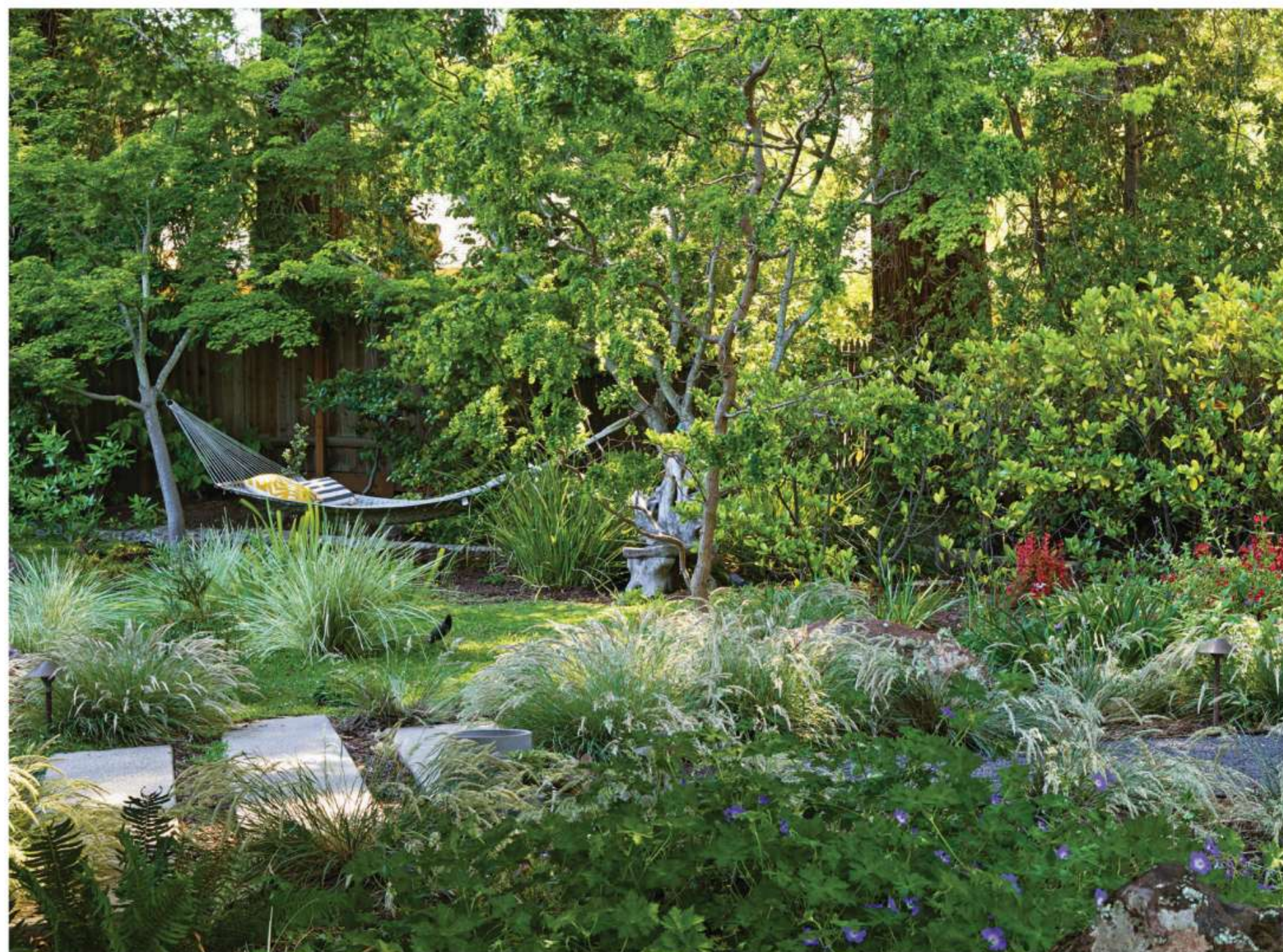
Watering at full blast for short periods of time does more harm than good. Instead, soak the soil deeply to prevent runoff and create strong root systems.

2 EVERY DROP COUNTS

To capture rainwater to reuse for irrigating, install a simple wood or food-safe plastic barrel beneath a roof downspout.

3 LIKE WITH LIKE

Cluster plants with similar water needs



in zones so that you can manage irrigation section by section.

4 GET SMART

Use drip irrigation whenever possible. Test the system monthly to find wasteful breaks or leaks, and try a smart controller that adjusts for weather conditions. Lienert recommends:

the Pro-HC from Hunter, the Rachio 3, or the budget-friendly Orbit B-hyve.

5 NOT-SO-HARDSCAPE

Install permeable materials for driveways, paths, and patios to prevent runoff. Decomposed granite, crushed gravel,

flagstone, and porous concrete pads are all good options.

6 INVEST IN SOIL

Mixing compost and organic matter into your soil improves drought-resistance and drainage. Cover bare spots with mulch to help retain moisture and slow evaporation.

LAWN ALTERNATIVE

A groundcover called Kurapia, which needs little water and handles light foot traffic, replaced the lawn in the hammock area. Others to try: creeping thymes and mounding fescues.



BH&G Collection®
Outdoor
Market Patio
Umbrella, \$60;
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BH&G](http://walmart.com/BHG)

Posy Garden
Stool, \$85;
overstock.com



Lunar Steel Wood
Burning Fire Pit Table,
\$189; wayfair.com

BH&G Collection®
Milania Planter 8", \$9;
walmart.com/BHG



Project 62 Moore
Polywood
Adirondack Chair,
\$200; target.com ■

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HOLIDAY
TIME
**SWEET
EASTER**

RECIPES
BEGIN ON
PAGE 125.

Easter celebrations call for desserts that look as sweet as they taste. So we dressed up these treats for the holiday. Citrus icing glazes floppy-eared breakfast bunnies, and fluffy frosting and candied eggs cover brownies. Present a dozen cheesecake “eggs” in a colorful egg carton and pipe Peter Rabbit’s favorite snack on a sandwich cookie version of carrot cake. Of course, these desserts are just as appealing anytime a hoppy mood strikes.



Orange Bunny Rolls A group of bunnies is a fluffle, and a platter of these adorable rolls is a delight. Orange marmalade both fills the tender yeast rolls and flavors the stir-together icing. Snip the end of the dough spirals with scissors to create the ears.

► Hover your smartphone camera over this code to watch a video on how to assemble these rolls.



BUNNIES ON
CUPCAKES?
NO PROBLEM.
YOU GOT THIS.



IT'S GONNA
BE GREAT™



Scan the code to hop over
to this fun and festive recipe
for Bunny Butt Cupcakes.

[TAKE A PEEK INSIDE]

IMAGINE THE SURPRISE! CRACK OPEN THESE EGGS TO FIND A SWEET TREAT NESTLED INSIDE.



If you can find them, Key limes are the right size to garnish these bite-size treats.

* Lime Crunch Cheesecake

Instead of filling colorful plastic eggs with candy, coins, or other treasures, fill the eggs with citrus cheesecake. Press a crunchy shortbread cookie crumb crust into the base of each medium-size egg, then pour in a creamy, no-bake lime-cream cheese filling and chill. Whipped cream, lime slivers, candy sprinkles, and shortbread crumbs are sweet finishes, and colorful craft egg cartons (available on [etsy.com](https://www.etsy.com)) make ideal trays for chilling and serving.



SILICONE BAKE CUPS

We also tested the cheesecakes in reusable, standard-size silicone muffin cups (available at Walmart).

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BEHIND
OVER A
MILLION
GERMS.**

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99%
OF THEM***

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STRONG**



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The adult version of winning the egg hunt.

Get the cheesecake
recipe here





* Carrot Cake Cream Pies

When carrot cake meets an oatmeal cream pie, yumminess transpires. Chewy oversize oat cookies contain traditional carrot cake ingredients: shredded carrots, toasted pecans, and warm spices. Instead of billowing on top, lemon-cream cheese frosting is sandwiched between the cookies. Decorate with piped frosting carrots.



*** Malted Brownies** Fans of malted milkshakes know the taste—a nutty, almost caramel richness from malted barley. This old-time drink powder flavors our brownies and the cocoa-marshmallow creme frosting. Egg-shape malt ball candies are pretty dots of flavor and pastel playfulness. ■

EASTER COOKIES & CREAM MINI CHEESECAKES



Prep Time: 30 min.
Total Time: 4 hours 35 min.
(incl. refrigerating)
Makes: 12 servings

WHAT YOU NEED

15 vanilla creme-filled chocolate sandwich cookies, divided
1 Tbsp. butter, melted
2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1/2 cup sugar
1/2 tsp. vanilla
2 eggs
1 pkg. (4 oz.) BAKER'S White Chocolate, broken into small pieces
1 Tbsp. each miniature candy-coated chocolate pieces and multi-colored sprinkles
3/4 cup thawed COOL WHIP Whipped Topping

MAKE IT

HEAT oven to 325°F.
CRUSH 10 cookies into fine crumbs; mix with butter. Press evenly onto bottoms of 12 paper-lined muffin cups. Bake 8 min. Meanwhile, chop 4 of the remaining cookies; save for later.
BEAT cream cheese, sugar and vanilla in large bowl with mixer until blended. Add eggs, one at a time, mixing on low speed after each just until blended. Stir in reserved chopped cookies. Spoon evenly over crusts.
BAKE 22 to 25 min. or until centers of cheesecakes are almost set. Cool completely.
REFRIGERATE cheesecakes 2 hrs. Meanwhile, cover baking sheet with parchment. Microwave white chocolate in microwaveable bowl on HIGH 1 min., stirring every 30 sec. Then, microwave and stir in 10-sec. increments just until chocolate is completely melted when stirred. (Don't over heat.) Spread chocolate into thin layer on prepared baking sheet.
CHOP remaining cookie; sprinkle over melted chocolate along with the candy-coated chocolate pieces and sprinkles. Refrigerate until firm.
TOP cheesecakes with COOL WHIP just before serving. Break chocolate bark into small pieces; place over cheesecakes.

brunch bakes

Assemble these family-size riffs on French toast (one sweet, one savory) the night before so all you have to do day-of is sit back and enjoy your coffee.



SWAP IT OUT

Both no-stir and all-natural varieties of peanut, almond, and cashew butters will work in this recipe.

STUFFED FRENCH TOAST: NUT BUTTER AND BANANAS

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr. 25 min., plus chilling

- 12 oz. ½-inch-thick slices brioche bread, halved diagonally (about 20 slices)
- ½ 8-oz. carton mascarpone cheese or whipped cream cheese
- ¼ cup plus 1 Tbsp. nut butter
- ¾ cup maple syrup
- 4 bananas
- 4 eggs
- 1¾ cups milk
- 2 tsp. vanilla
- 1 tsp. ground cinnamon
- 2 Tbsp. butter

1. Grease a 2- to 2½-qt. baking dish. Arrange half of the bread slices in the dish, overlapping as necessary. For filling: In a small bowl whisk together mascarpone, ¼ cup of the nut butter, and ¼ cup of the maple syrup until smooth. Spoon evenly over bread in dish. Slice two of the bananas crosswise. Layer over filling. Arrange remaining bread over filling.
2. In a large bowl whisk together eggs, milk, ¼ cup of the remaining maple syrup, the vanilla, and cinnamon. Slowly pour egg mixture over bread, pressing down bread as you pour. Chill, covered, 2 to 24 hours.
3. Preheat oven to 375°F. Bake, uncovered, 50 to 65 minutes or until center is set (at least 180°F), covering with foil halfway through baking. Let stand 15 minutes.
4. Meanwhile, bias-slice remaining two bananas. In



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a large skillet heat the butter, the remaining $\frac{1}{4}$ cup maple syrup, and remaining 1 Tbsp. nut butter over medium until bubbly. Add banana slices. Cook 2 minutes or until thickened, stirring occasionally. Spoon warm banana mixture over dish. Serves 8.

EACH SERVING 524 cal, 30 g fat (14 g sat fat), 172 mg chol, 289 mg sodium, 54 g carb, 3 g fiber, 30 g sugars, 12 g pro

STUFFED FRENCH TOAST: SAUSAGE AND ASPARAGUS

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr. 25 min., plus chilling

- 12 oz. Texas toast, cut into 1-inch strips (about 10 slices)
- 8 oz. uncooked ground pork sausage
- 8 oz. mixed mushrooms, such as cremini, oyster, and/or button, sliced
- 2 Tbsp. butter
- 2 garlic cloves, minced
- 1 tsp. caraway seeds, crushed
- 8 oz. fresh asparagus, trimmed and cut into 1-inch pieces
- $\frac{1}{2}$ 15-oz. carton whole milk ricotta cheese
- 1 cup shredded Swiss cheese (4 oz.)
- $\frac{1}{4}$ cup chopped fresh herbs, such as flat-leaf parsley, chives, dill, and/or basil
- 4 eggs
- $1\frac{3}{4}$ cups milk

1. Grease a 2- to $2\frac{1}{2}$ -qt. baking dish. Arrange half of the bread strips in bottom of dish. For filling: In a large skillet cook sausage, mushrooms, butter, garlic, and caraway over medium-



SWAP IT OUT
If mushrooms aren't your thing, sub 1 cup diced red bell pepper or $\frac{1}{2}$ cup pitted olives.

* The edges of thick Texas toast strips crisp up to an almost croutonlike topper. We embellished the custardy sausage bake with mushrooms and asparagus.

high 8 to 10 minutes or until meat and mushrooms are browned. Stir in asparagus. Spoon over bread in dish. In a medium bowl stir together the ricotta, Swiss cheese, herbs, $\frac{1}{4}$ tsp. kosher salt, and $\frac{1}{4}$ tsp. ground black pepper. Spoon over sausage mixture.

Top with remaining bread.

2. In a large bowl whisk together eggs, milk, and an additional $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Slowly pour egg mixture over bread. Press down lightly. Chill, covered, 2 to 24 hours.

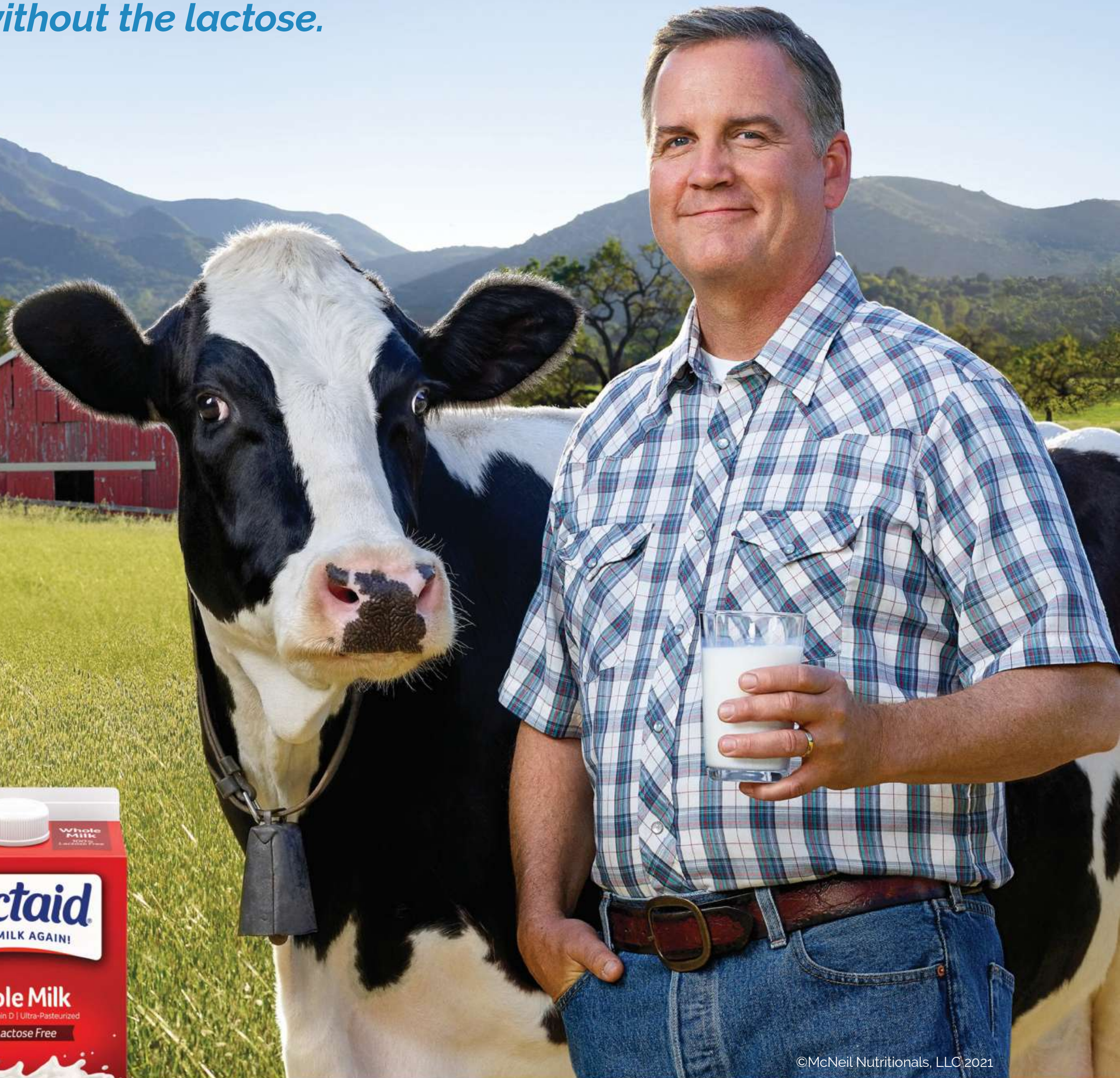
3. Preheat oven to 375°F.

Bake casserole, uncovered, 50 to 60 minutes or until set (at least 180°F). Let stand 10 minutes. If desired, top with additional herbs. Serves 8.

EACH SERVING 371 cal, 20 g fat (9 g sat fat), 149 mg chol, 730 mg sodium, 28 g carb, 1 g fiber, 6 g sugars, 20 g pro ■

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freezer sauces

These big-batch sauces can be prepped, portioned, frozen, then spun into quick meals for your busiest nights. A home-cooked dinner has never been easier.



Freezing sauces in individual portions means you pull out only what you need. Recipes call for sauces straight from the freezer or thawed (overnight or in the microwave).

VERDE SIMMER SAUCE

A piquant blend of tomatillos, poblanos, cumin, and coriander, this simmer sauce livens up Mexican night. Put it straight into the slow cooker frozen with chicken thighs or flank steak for tacos. Or thaw it and layer with veggies, cheese, and tortillas in a quick enchilada skillet.

RECIPES TO TRY

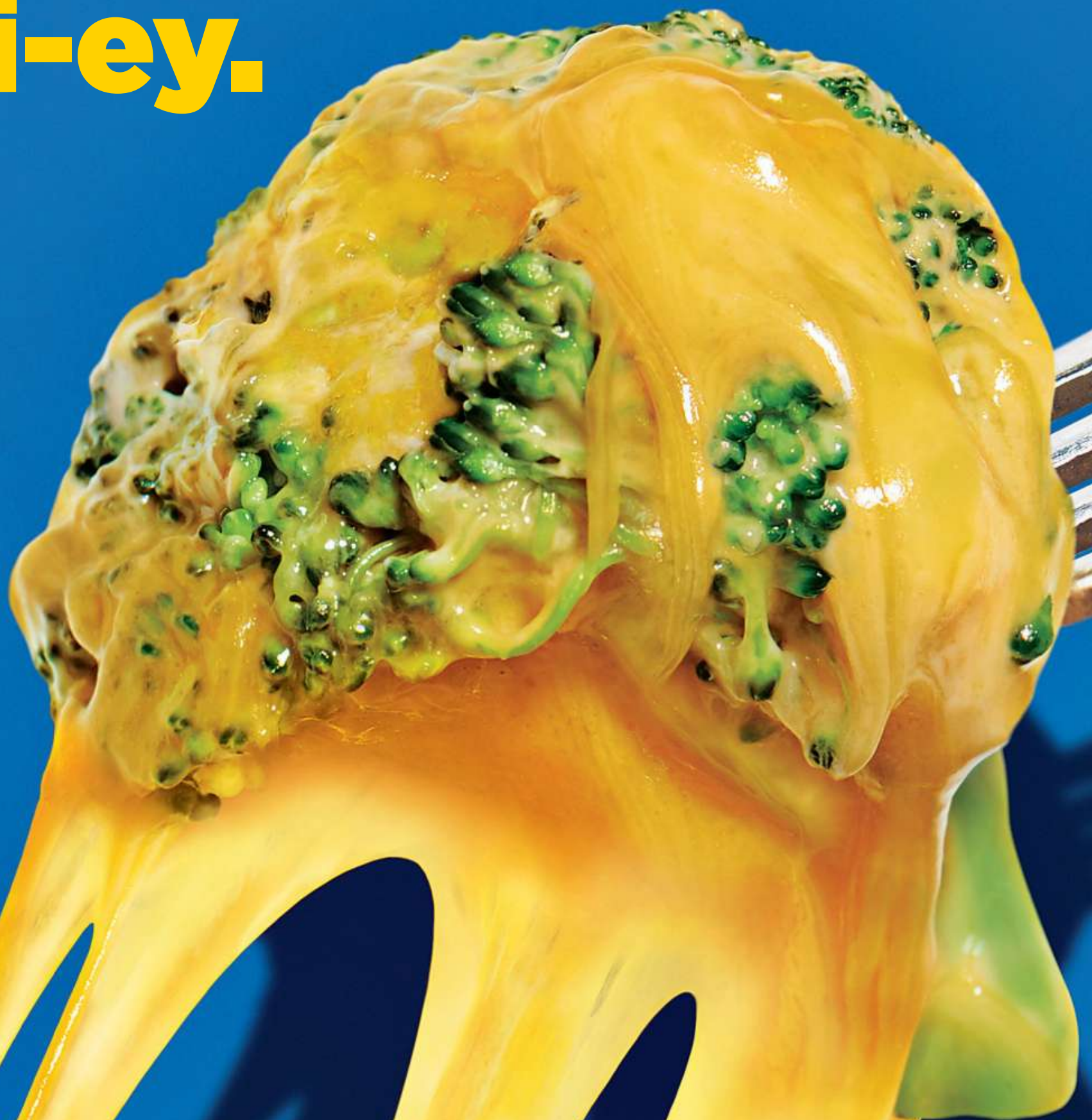


BLACK BEAN SKILLET ENCHILADAS VERDE



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broccoli less
broccoli-ey.**



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delicious.



food / weeknight cooking





← TOMATO-CAPER SAUCE

Scoot over, jarred pasta sauce. In only 10 minutes, the combo of canned tomatoes, red wine, herbs, and capers simmers to a rich-bodied sauce. Once the sauce is in the freezer, the amount of time from “What’s for dinner?” to “Dinner is served” is comparable to starting with a jar. Try it in a fish skillet dinner or with purchased tortellini and sausage.

RECIPES TO TRY



SICILIAN COD WITH TOMATO-CAPER SAUCE



TORTELLINI & SMOKED SAUSAGE IN TOMATO-CAPER SAUCE

RECIPES BY: LISA HOLDERNESS BROWN

Real strawberries.



Do what's delicious.



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Real almonds.

Do what's
delicious.



food/weeknight cooking



STOCK UP
For more freezer-friendly, make-ahead meals, hover your smartphone camera over this code.



← COCONUT CURRY SAUCE

This blender sauce—a combo of skillet-toasted spices, onions, aromatics, tomatoes, lime, and canned coconut milk—may rival your favorite takeout. In the pressure cooker, the sauce transforms pork shoulder into a tender, vindaloo-like dish to serve over rice. Or use the sauce in a hearty main of roasted veggies and canned chickpeas. ■

RECIPES TO TRY



PORK COCONUT CURRY



CAULIFLOWER & CHICKPEA COCONUT CURRY

RECIPES BY: LISA HOLDERNES BROWN

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Stop. Breathe. Think.

end of the

▲
A painterly curtain fabric launched a whole-house palette anchored by blue.

BLUE NO. 1
Cobalt upholstery accented with white ribbon trim turns the sofa into a statement piece.

▲
COLOR LESSON
Use a foundational color throughout the house for a sense of consistency.

rainbow

RELEASING AN ARRAY OF UPBEAT COLORS IN EVERY ROOM TURNED THIS DESIGNER'S NEW JERSEY HOME INTO A TREASURE BETTER THAN A POT OF GOLD. THE BEST PART? HALF THE FURNITURE PIECES ARE REHABBED RESCUES.





CEILING
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Virginia Toledo may have grown up in Brooklyn

and lived most of her life nearby, but when it came to creating a look for her current home in New Jersey, her inspiration came from farther away. She wanted a happy summer feeling—the kind she associates with sitting on a porch in South Carolina.

An equally strong influence came from farther south—Puerto Rico, where the vibrancy of her heritage links her idea of home with color. “I remember my grandmother weeding in her garden with her red headscarf and her *bata* [machete],” says Virginia, who continues to draw inspiration from the coral houses and brilliant red flamboyant trees she saw as a kid during summers on the island. “As I got older, it struck me how happy people were with the very limited things they had,” she says. “I don’t think they would have felt the same way if they lived in white boxes.”

An exuberant watercolor textile—Midsummer Day by Christian Fischbacher—became the blueprint for the crayon box of hues throughout the 2,800-square-foot home Virginia shares with her husband and daughter.



◀ To set a convivial tone, designer Virginia Toledo painted the front door of her 1920s American foursquare chartreuse. “I wanted to create a space that didn’t feel pretentious,” she says.

▲ A high-gloss bright yellow ceiling enlivens the delicate paisley pattern in the foyer.

↑ **COLOR LESSON**
Go bright in small doses, especially in small spaces. “If that ceiling were any larger, I wouldn’t have been able to pull it off,” Virginia says.



BLUE NO. 2
Paint in a saturated color highlights the impressive ceiling millwork.

▶ The formal look of the salvaged table counters a modern, pastel print wallpaper.



“ I FIND SO MUCH JOY IN OVERSCALED
PATTERN AND A MASH-UP OF SUPER-
SATURATED HUES TEMPERED WITH NATURAL
AND ROUGH-HEWN TEXTURES. ”
VIRGINIA TOLEDO

BLUE NO. 3

An inky blue grounds the kitchen and unites black and white appliances.

▲ To give the 1950s-era kitchen a budget facelift, Virginia painted the cabinets and installed marble-look laminate countertops as well as vinyl plank flooring laid in a herringbone pattern.

CABINETS
STIFFKEY BLUE
281
FARROW &
BALL

“When you’re doing something this varied, you need something that pulls it all together,” says Virginia, who worked closely with Jessica Geller, her business partner at their design firm, Toledo Geller. The solution: varying intensities of blue as a neutral in each room to create calm. A purple tufted-velvet banquette finds its counterpoint in the sunroom’s easygoing chambray wallpaper, and lemon yellow leather cushions on the dining room chairs mellow beneath vibrant blue millwork on the coffered ceiling. “You want your eyes to be like Ping-Pong balls, bouncing from room to room,” Virginia says. “There’s this continuous rhythm.”

▼ A coffee and plantain farm her parents own in Puerto Rico inspired the island flavor of Virginia’s breakfast nook. Despite her love of traditional furnishings, Virginia favors the lines of modern lighting. “It helps keep things from feeling too dated,” she says.

A judicious use of pattern keeps the atmosphere cheerful, not manic, as does a collection of rehabilitated traditional furnishings—most with clean, simple lines. Virginia adores flea markets and consignment shops for their eco-friendliness and economy. “I don’t like anything that’s too new,” she says. “For me, it really is about the thrill of the chase. I love that everything has a story and that we’re creating family heirlooms and new chapters.” Clearly, her favorite stories have colorful, happy endings.



▲ Virginia’s favorite spot is the sunroom. The Sunday mornings she spends there reading may be quiet, but the bold color of the banquette is downright effusive. “It’s framed by the doorway; I knew I had to go big.”

↑ **COLOR LESSON**
“I start every project with a furniture plan,” she says, “so I know where I need to make statements and where the colors can whisper.”



shop the look

RAINBOW TIES

Energized by this home's happy palette and inviting furnishings? Incorporate your own color and style expressions.



CERAMIC FLOWER POT
Hex Landscape, \$13-\$20 depending on size; pearlriver.com



PENDANT
Mid-Century Maribelle, \$279; shadesoflight.com



LINEN PILLOW COVER
Brushstroke Floral in three sizes, \$78-\$98; caitlinwilson.com



FLOOR CUSHION COVER
Lindley Border Square in Pink, \$60; wayfair.com



WALLPAPER
Aztec Trellis in Citron on White, \$72 for 2'x12' roll; spoonflower.com



THROW PILLOW
Teardrop Paisley Motif, \$35 for 16"x16" with insert; zazzle.com



COMFORTER SET
Embroidered Chambray from BH&G Collection®, \$54 for full/queen; walmart.com/BHG

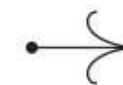
ROUND SIDE TABLE
Opalhouse Jewel, \$90; target.com



RATTAN BAR CART
\$299; urbanoutfitters.com



PALETTE POINTS Virginia's version of a rainbow involves both pastel and intense shades of green, yellow, blue, and purple, along with lots of white for balance. In fact, many of the patterns she chose for her home employ a bright-plus-white combination. ■



BEDROOM

Virginia sought serenity with a creamy palette in her bedroom, *top left and bottom right*, but included spots of the yellow introduced downstairs. The dresser is a secondhand piece. "The panel detail is so cool," Virginia says. "I gave it new knobs and new paint, and it's perfect."

FAMILY

Virginia—with husband Jhovanny Hernandez, daughter Sienna, and pups Wolfgang and Tate, *top right*—plans to share her eclectic mix of flea market and consignment shop finds. "The joy is that there are so many things that my daughter says she wants to take with her when she has her own house," she says.

LAUNDRY ROOM

Determined to turn a utilitarian subterranean space into a place of joy, Virginia covered the laundry room walls, *bottom left*, with a romantic floral pattern that feels fresh yet appropriate for the 1920s home.



COLOR LESSON
A bedroom makes a good palette cleanser.
"You can relax your eyes here," Virginia says.



BLUE NO. 4
In keeping with the restful mood, the bedcover is a pale shade of the main accent color.

Among the smart moves Sandi Blaze made in her Connecticut garden was clipping boxwoods into geometric shapes to give less structured perennials a strong backdrop. A former chicken coop-turned-toolshed serves as the focal point at the crest of the hill.

The perennial collector

A GARDEN DESIGNER INDULGES HER PENCHANT

WRITTEN
AND PRODUCED BY
TOYAH MARTIN
PHOTOS
KINDRA CLINEFF



FOR PLANTS WHILE MAKING THE LANDSCAPE SING.

arden designer and former nursery owner Sandi Blaze has never met a perennial that didn't pique her curiosity. "When I find a plant I've never seen before, it's one I've got to try," she says. As passionate as she is about collecting, however, Sandi also knows how to rein in a landscape. At her garden in Wilton, CT, she experiments with roughly 100 new plant finds every year, but her strong design foundation keeps the space from looking like a free-for-all.

When Sandi, her husband, and three kids moved onto the property in the late 1990s, her first task was creating a sense of order in the ¾-acre garden. Sandi and her father, a mason, terraced the steep hill to create a series of spaces set off by stone walls. As they worked, she uncovered 60-year-old remnants—including a buried pond and stone ledge—that now serve as stopping points in the landscape. "I felt like an archaeologist," she says.

Then the real fun began. Sandi expanded the original sparsely planted borders to create plump beds for perennials, leaving pathways just wide enough for her mower. "I need depth in the borders to create a dialogue between plants' colors, textures, and shapes," she says. Sandi sticks largely to a blue, cream, and chartreuse palette, popping in a few plants in brighter accent colors each season. The resulting landscape is both a place of calm and a living, thrilling plant encyclopedia—one where there's always room for additions.

Pruning back perennials like 'May Night' salvia, *opposite*, when flowers begin to fade revitalizes them for a second performance later in the season.

Early bloomers like a pink Oriental poppy, *right*, provide a quick hit of color with no need to worry if the hue will work with later bloomers.

Tall perennials, such as Bowman's root, *opposite*, bridge the height gap moving up to shrubs.

For a pretty alternative to mulch, Sandi lets flowering groundcovers like dianthus, *opposite*, carpet the front of the border.



'RASPBERRY QUEEN' ORIENTAL POPPY



SERBIAN BELLFLOWER



WHITE FALSE INDIGO



'MAY NIGHT'
SALVIA



BOWMAN'S
ROOT



'FIREWITCH'
DIANTHUS



'HUSKER RED'
PENSTEMON

Planting in layers

By staggering plants by height—tall, wispy perennials against the terrace walls and short ones closer to the path—the slope doesn't seem so steep. Blue, chartreuse, and cream dominate the garden, but each plant expresses those hues uniquely.

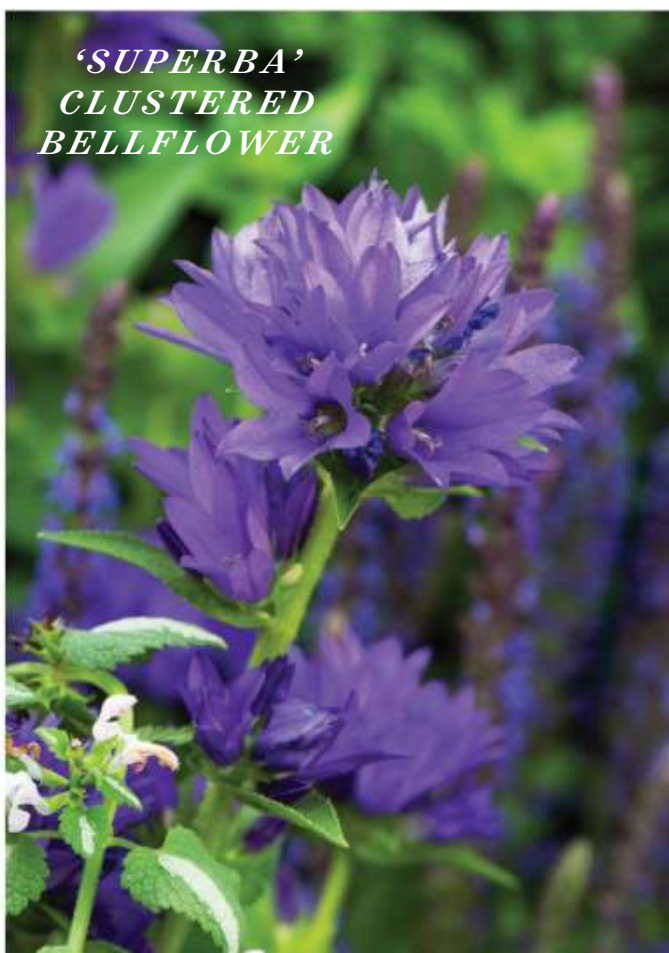


ADRIATIC
BELLFLOWER



Accent marks

Arbors, statuary, and clipped topiary evoke a sense of fantasy, provide visual breaks in the landscape, and lure visitors down the garden paths. Though Sandi prefers perennials for their permanence in the landscape, she fills a few holes each year with annuals.



'SUPERBA'
CLUSTERED
BELLFLOWER



Stone walls define spaces and provide some protection for plants—"Though nothing is so precious in the garden that it will be totally ruined by a stray soccer ball," Sandi says. She requested pockets in the walls for her favorite trailing plants, like Serbian bellflower.

*"I TAKE WEEKLY PHOTOS OF THE GARDEN
WITH MY PHONE AND EMAIL MYSELF NOTES
ABOUT WHAT SHOULD BE IMPROVED."*

SANDI BLAZE



GARDEN KNOW-HOW DIVIDING PLANTS

Sandi loves making more of a good thing by dividing her favorite perennials every two to three years to repeat them in the garden. Most perennials are best divided as they emerge in the spring (with the exception of irises, which should be divided after flowering).

1 DIG UP THE PLANT

Not all perennials can be divided. Good candidates have multiple crowns with their own roots. The most efficient division method is to dig up the entire plant and its roots before dividing. To unearth maximum roots, dig a deep trench around the plant, dig under it, then lift out the mass.

2 CUT THE CROWN

The thick tangle of crowns and roots



might take some muscle to separate, but you want every crown to have as many roots as possible. Cut apart crowns if necessary, or tease the sections apart, preserving as many roots as possible.

3 REPLANT

Dig holes deep enough to hold the root mass with the crowns at or just below soil level. Backfill and firm the soil repeatedly to eliminate air holes.

4 GET IT ESTABLISHED

Water divisions and the replanted "mother" plant generously every few days for several weeks until the plant is established. In sunny weather, shade the plants under a lightweight cloth. ■



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the heart of the matter

At first glance you may wonder how this flower bud of a thistle plant could be edible. Take a closer look, and you'll see there's more than one way to eat your way through the thorny exterior to get to the tender heart inside.

ARTICHOKES COURTESY OF OCEAN MIST FARMS



*Tarragon
steeps like tea
leaves in
lemon butter to
release its
anise flavor.*

**FRESH MINT,
BASIL,
AND PISTACHIO
SAUCE**

**DIJON
DIPPING
SAUCE**

**RECIPES
BEGIN ON
PAGE 122.**

STEAMED ARTICHOKE WITH DIPPING SAUCES

Eating a steamed artichoke is almost meditative. Pulling off each leaf and dipping it into a rich, delicious sauce is naturally a slow and satisfying process. We've included three transporting flavors for dipping: tarragon butter, Dijon sauce (think French vinaigrette made creamy), and an herb-pistachio pesto that leans more West Coast than Mediterranean.

Peak-season artichokes are in the produce section of your grocery store now through May. If you walk past them in favor of those in the freezer or condiments aisle, it's worth turning back to experience their uniquely herbaceous flavor. In need of a confidence boost? Our smart tips for buying, storing, and prepping (*p. 115*) will help. Almost all the artichokes sold in the United States are grown in California, and the Italian variety Green Globe is the most common. The first spring artichokes have dense hearts and are considered the most flavorful. Choose heavy, firm heads with tightly closed green leaves. When gently squeezed, tender artichokes will squeak as the leaves rub together. Avoid any that have dried, withered leaves. Store artichokes loosely wrapped in a plastic bag in the refrigerator for a week or two. They're prone to mold, so make sure they aren't wet when placed in the bag.

HERB-AND-PANCETTA-STUFFED ARTICHOKES

Artichoke halves make a natural cup shape begging to be filled. Steam the veggie until tender then stuff with a mixed herb and pancetta (or bacon) bread stuffing. The torn bread toasts in the rich pancetta drippings in the oven.

RAW ARTICHOKE SALAD WITH MANCHEGO CHEESE

The key to raw artichoke dishes like this crisp-tender heart salad is to select fresh, firm spring artichokes then to slice them paper thin. Use a mandoline, if you have one, or an extra-sharp chef's knife.

Manchego, a Spanish sheep's milk cheese, has a salty nuttiness that complements artichoke's savory vegetal flavor.





HERB-AND-
PANCETTA-
STUFFED
ARTICHOKES



→
Warm oil
extracts the most
flavor from
the softened
garlic and fresh
herbs.

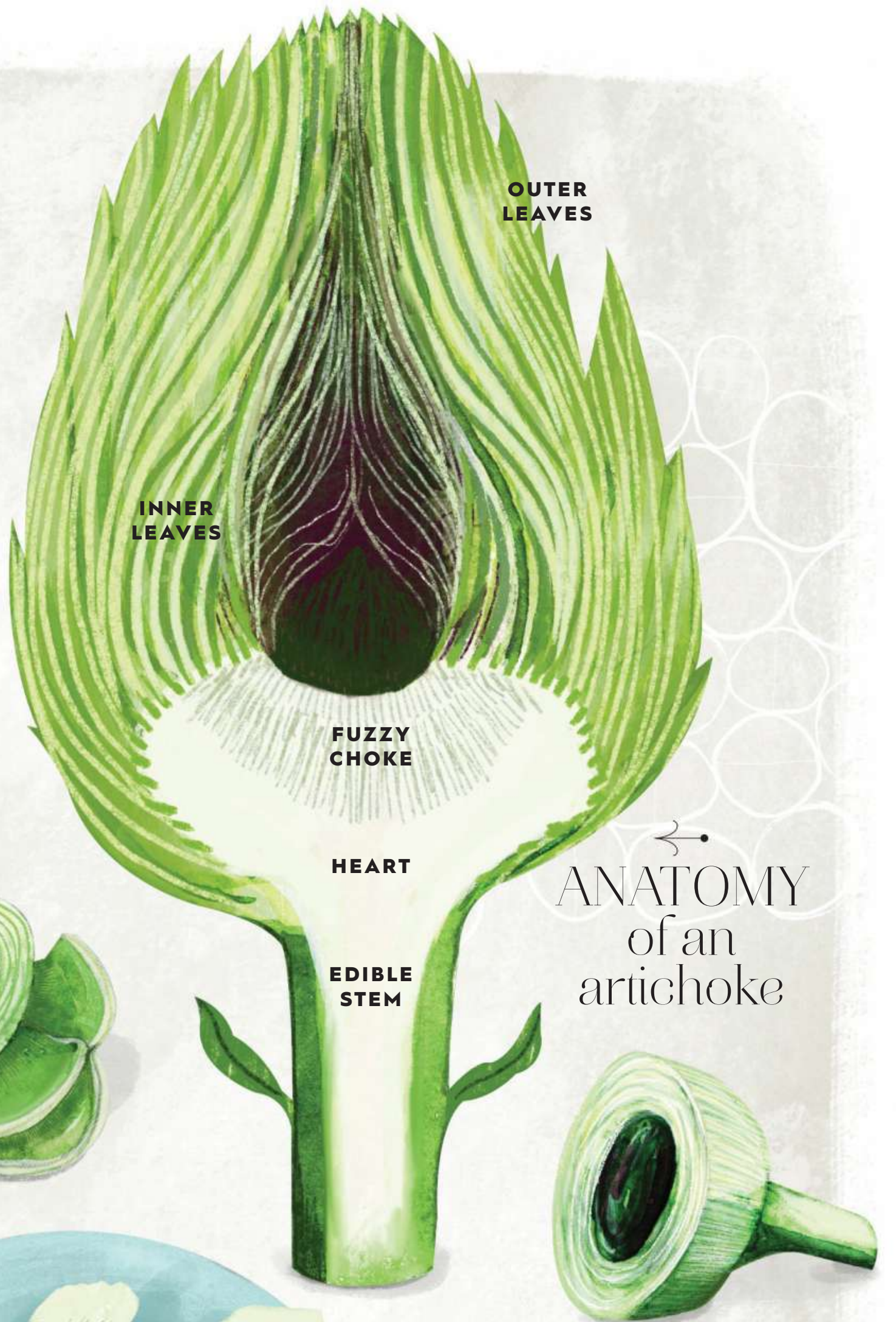
GRILLED BABY ARTICHOKE ANTIPASTO

The beauty of baby artichokes—which are really the underdeveloped buds that form along the lower stalk—is that they require little trimming because they don't form an inedible fuzzy choke. Grill them next to tiny bell peppers for a smoky spin on Italian antipasto.

artichoke KNOW-HOW

Prepping an artichoke may not be intuitive, but once you learn your way around this vegetable, you'll cook and eat them confidently.

Before you begin: A good rule of thumb is to pick up fresh lemons when you buy artichokes. As soon as you slice into an artichoke, the cut surfaces oxidize and brown. Rub lemons over trimmed areas or submerge in acidulated water (3 Tbsp. lemon juice + 4 cups water).



ANATOMY of an artichoke



PREP work

Whether you plan to steam, roast, or boil an artichoke, the initial trimming step is the same. Snap off any tough or browned outer leaves. Using a serrated knife, slice off 1 inch from the top. Use kitchen scissors to snip off any sharp thorny tips on the remaining leaves. Trim the brown end off the stem.



getting to the HEART

To prepare the raw artichoke heart salad (p. 112), follow these steps.

1

PEEL AWAY

Snap off outer leaves to expose pale leaves. Slice off top third of the artichoke. Trim away the dark green layer from the stem bottom and sides.

2

HOLLOW OUT

Scoop out the inner leaves and fuzzy choke. If you like, halve the heart for easier slicing. Drop each heart in acidulated water after cleaning. ■

how to EAT an artichoke

If you're a novice, let us teach you how to dismantle a whole steamed artichoke like a pro. Pull off leaves, working from the base inward. Dip the leaf's fleshy part into melted butter or one of the sauces on p. 111; scrape off the fleshy part with your teeth. After all leaves have been pulled off, scrape off the fuzzy choke with your knife. Then cut up the meaty tender bottom (the heart) and savor.

a fine finish

A PARADE OF TEXTURES & NATURAL FIBERS



PERFECT PAIR

The camel color couch gets a lift from peachy pink pillows. See p. 26 for more on this warm duo.

MAKES THIS HOME'S NEUTRAL SCHEME ANYTHING BUT VANILLA.

living room

Homeowner Stephanie Agne used a lush, fringed carpet to anchor the sitting area. Underneath, a 12×15-foot jute rug (a budget pick from Rugs USA) extends to the high-traffic perimeter.

◀ **COLOR LESSON**
Neutral doesn't have to mean lacking in color. "I've always seen olive as a neutral—like the jacket everyone wears because it goes with everything," Stephanie says. Built-ins: Olive Green by Benjamin Moore.





entry

The couple hung onto original details like the front door and crystal doorknobs, as well as the iron stair railing. Encaustic-style tiles Stephanie found on Wayfair helped mix the Tudor character with her muted palette.

dining room

"I always do a round table if the room allows it because it's so conversational," Stephanie says. Made for dinner parties, this 72-inch table seats eight (or 12 squished).

➔ COLOR LESSON

Struggling to match natural woods? Don't! Stephanie varies tone and texture. Thin matchstick blinds are a warm honey tone; wider weave chairs are more gray.

Tudor homes, like the moody monarchs for which they are named, aren't exactly known for being bright and cheery. So when Danny and Stephanie Agne (*right*, with kids Cole and Ethan) bought this 1926 Kansas City, MO, home, they knew they wanted to keep its good details (iron scrollwork, leaded-glass windows) and do away with what didn't work (closed-off living spaces, lots of dark stain). "We set out to lighten everything," says Stephanie, who owns Golden & Pine, an interior design studio and home-goods store with a focus on ethically made products and a decidedly airy aesthetic. They improved the flow by taking down a few walls, but one of their most transformative moves was also one of the simplest: painting almost every room white. Stephanie chose Benjamin Moore Swiss Coffee for its warm undertones. ("A stark white would have felt too modern," she says.) Furnishings are neutral but not monotonous. Mixing grays and browns in a range of textures and finishes, Stephanie says, "makes your eye read the effect as interesting without being flashy."



This chandelier was sold out in their preferred matte black, so they ordered it in nickel and spray-painted the frame.



BEFORE In the original chopped-up floor plan, each room was a different color. Coupled with dark floors and millwork, the effect was cramped and dated.



FLOORING
A clear matte Bona sealant shows off the natural variation of the stripped white oak floors.



COLOR PALETTE Consistent use of warm white paint allows subtle tonal modulations (from tawny browns to ethereal grays) to stand out. This base welcomes layers of mixed metals, glass and leather details, and leafy plants.



LAYERS
Textured but orderly, shiplap walls have casual, rustic character.

➔ **COLOR LESSON**

The kitchen continues the rest of the main floor's blend of natural materials. But don't overlook the impact of white—not only on the walls but also on the shiny countertops and smooth appliances. “I wanted a light, bright kitchen. At that point stainless was everywhere, so it was nice to do something a little different,” Stephanie says. As for the plain quartz countertops, after years of busy granite, “I was tired of not being able to see when the counter needed to be wiped off. I wanted a scientific, cut-and-dried clean, clean.”

playroom Stephanie created the ultimate family crash pad, *above*, by pushing together two IKEA twin beds and topping them with washable Sunbrella covers she had made. A thick memory foam pad under the rug gives extra cush for playing with the kids. The couple decided to preserve the glazed tile floor, which is easy to wipe clean after a crafting session, *below*.



storage wall Glass-front doors in the center of a wall of red-leaf maple cabinets show off Stephanie's stash of white serveware. An avid cook and former dietitian, Stephanie has been collecting one white piece at a time over the years, so her collection can grow but always match. Behind the doors on either side: a pantry and a broom closet.

kitchen

When the hardware Stephanie and Danny bought online arrived super shiny, they “aged” the brass handles by boiling them, rubbing them with steel wool, and eventually tarnishing them with a kitchen torch. It’s a detail that weds the modern kitchen to the traditional Tudor architecture. ■

Storing everyday pieces on the open shelves keeps them within easy reach.



BEFORE For maximum work zone efficiency, the Agnes installed an island in the middle of the large, open kitchen and rearranged the appliance layout around the perimeter.



RECIPES FROM PAGES 110–115

THE HEART OF THE MATTER

Recipes by Anna Kovel, New York-based cook, food writer, and stylist. She is currently working on a cookbook to be released spring 2022.

STEAMED ARTICHOKEs

Depending on the size of your steamer basket, you can cook up to eight artichokes at one time using this method.

HANDS-ON TIME 15 min.

TOTAL TIME 45 min.

- 4 artichokes
- 2 lemons (1 halved; 1 cut into wedges)
- Fresh Mint, Basil, and Pistachio Sauce; Tarragon Butter; and/or Dijon Dipping Sauce (right)

1. Snap off any tough or browned outer leaves. Use a serrated knife to slice off the top inch of each artichoke. Immediately rub cut surface with lemon halves. Use scissors to snip off all the sharp leaf tips. Trim stem from artichoke bottom so artichokes will sit upright. (If you trim more than 1 inch of stem, peel it and add to steamer with artichokes.)

2. Set steamer basket over simmering water in a large pot. Arrange artichokes in basket, fitting snugly so they stand up. Cover; bring to boiling. Cook until an artichoke leaf near the center can be pulled off easily, about 30 minutes.

3. Serve artichokes and any stems warm with lemon wedges and sauces. Makes 4 artichokes.

PER ARTICHOKE (WITHOUT SAUCE)

64 cal, 72 mg sodium, 14 g carb, 7 g fiber, 1 g sugars, 3 g pro

FRESH MINT, BASIL, AND PISTACHIO SAUCE

TOTAL TIME 20 min.

- 4 large garlic cloves, unpeeled
- $\frac{1}{4}$ cup roasted, salted pistachios
- $\frac{1}{2}$ cup packed fresh basil leaves
- $\frac{1}{2}$ cup packed fresh mint leaves
- 1 tsp. lemon juice
- $\frac{1}{2}$ cup extra virgin olive oil

1. Heat a small skillet over medium. Add the unpeeled garlic cloves. Cook 7 to 10 minutes or until the skins are browned and the cloves are softened, shaking skillet occasionally. Remove from skillet; let cool.

2. Remove garlic skins and transfer cloves to a food processor along with the pistachios, basil, and $\frac{1}{4}$ cup mint; pulse until very coarsely chopped, about five pulses. Add the lemon juice and a pinch of coarse salt. With machine running, add $\frac{1}{3}$ cup of the olive oil; process until combined. Transfer mixture to a bowl.

3. Coarsely chop the remaining $\frac{1}{4}$ cup mint leaves and stir into the pistachio mixture. Stir in the remaining olive oil. Season with salt and freshly ground black pepper. Serve sauce immediately, or press a sheet of plastic wrap directly onto the surface of the sauce and refrigerate 1 to 2 hours. Stir sauce to reemulsify before serving. Makes $\frac{3}{4}$ cup.

PER TABLESPOON 99 cal, 11 g fat (1 g sat fat), 36 mg sodium, 1 g carb, 1 g fiber, 1 g pro



PURPLE POWER This violet version is similar to the Green Globe except it has a slightly stronger and heartier flavor. Prepare them as you would their green counterparts but note that the color will fade somewhat when cooked.

TARRAGON BUTTER

TOTAL TIME 25 min.

- 1 cup unsalted butter
- 8 sprigs fresh tarragon, 4 to 5 inches
- 1 lemon (2 tsp. zest, 2 tsp. juice)

1. In a small saucepan melt the butter with six of the tarragon sprigs and the lemon zest over medium. Remove from heat; let stand at least 15 minutes and up to 2 hours.

2. Remove leaves from remaining tarragon sprigs. Finely chop leaves; you need $1\frac{1}{2}$ Tbsp. If necessary, rewarm butter and strain through a fine-mesh sieve into a small bowl, pressing on solids; discard solids. Stir chopped tarragon and lemon juice into the butter. Season with $\frac{1}{2}$ tsp. coarse salt. Serve warm. Makes 1 cup.

PER TABLESPOON 103 cal, 12 g fat (7 g sat fat), 31 mg chol, 37 mg sodium

DIJON DIPPING SAUCE

TOTAL TIME 20 min.

- $\frac{1}{4}$ cup finely chopped shallot
- 2 tsp. white wine vinegar or champagne vinegar
- 2 Tbsp. Dijon mustard
- 2 Tbsp. mayonnaise
- 3 Tbsp. safflower or olive oil
- Chopped chives and/or chive flowers

In a small bowl stir together shallot and white wine vinegar with a pinch of coarse salt. Let stand 10 minutes. Whisk in mustard and mayonnaise. Gradually whisk in oil until emulsified. Season with an additional $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. freshly ground black pepper. Top with chives. Refrigerate, covered, up to 3 days. Makes $\frac{2}{3}$ cup.

PER TABLESPOON 58 cal, 6 g fat (1 g sat fat), 1 mg chol, 85 mg sodium, 1 g carb

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RAW ARTICHOKE SALAD WITH MANCHEGO CHEESE

This recipe calls for stripping away all the leaves from the artichoke to get to the heart. If you like, set aside the leaves to steam and eat later.

TOTAL TIME 30 min.

- 2/3** cup thinly sliced shallots
- 6** Tbsp. lemon juice
- 4** raw artichoke hearts, (see “Getting to the Heart” page 115)
- 6** oz. Manchego, aged Gouda, or Parmesan cheese, shaved
- 1** cup coarsely chopped fresh flat-leaf parsley

1. In a medium bowl combine shallots, lemon juice, and a pinch of coarse salt; let stand 10 minutes. Gradually whisk in 1/2 cup extra virgin olive oil until emulsified. Use a mandoline to very thinly slice each artichoke heart directly into the dressing; toss slices to coat.

2. Season with 1/2 tsp. coarse salt and 1/4 tsp. freshly ground black pepper. Add cheese and parsley; toss to coat. Serve immediately. Serves 4.

EACH SERVING 529 cal, 45 g fat (16 g sat fat), 42 mg chol, 739 mg sodium, 21 g carb, 8 g fiber, 4 g sugars, 15 g pro

HERB-AND-PANCETTA- STUFFED ARTICHOKE

HANDS-ON TIME 35 min.

TOTAL TIME 1 hr. 10 min.

- 4** Steamed Artichokes (page 122, but with stems left on), cooled
- 4** oz. thickly sliced pancetta or bacon, cut into 1/4-inch dice
- 1** cup finely chopped onion
- 1** cup finely chopped celery
- 4** garlic cloves, minced
- 1/2** cup dry white wine
- 1/2** cup finely chopped fresh flat-leaf parsley
- 2** Tbsp. finely chopped fresh rosemary
- 2** Tbsp. fresh thyme leaves
- 3** cups torn Italian bread (4 oz.)

1. Halve each cooked artichoke through the heart. Use a small spoon to scoop out the fuzzy chokes and any

small, papery leaves. Place artichoke halves cut side up in a lightly oiled roasting pan.

2. Preheat oven to 400°F. For stuffing: In a large skillet heat 1 Tbsp. olive oil over medium. Add pancetta; cook until starting to brown, about 4 minutes. Add onion, celery, and garlic. Cook, stirring occasionally, until tender, about 8 minutes. Carefully pour wine into skillet; cook over medium 2 minutes. Stir in parsley, rosemary, thyme, 3/4 tsp. coarse salt, and 1/4 tsp. freshly ground black pepper. Stir in torn bread pieces until combined.

3. Lightly season cut sides of artichokes with salt. Divide stuffing among artichokes. Drizzle with an additional 2 Tbsp. olive oil. Bake, covered, 15 minutes. Uncover and bake 15 to 20 minutes more or until browned. If desired, top with additional herbs and drizzle with additional olive oil before serving. Serves 8.

EACH SERVING 186 cal, 10 g fat (2 g sat fat), 5 mg chol, 253 mg sodium, 18 g carb, 5 g fiber, 2 g sugars, 6 g pro

GRILLED BABY ARTICHOKE ANTIPASTO

HANDS-ON TIME 35 min.

TOTAL TIME 55 min.

- 1** lemon, halved
- 12** sprigs fresh oregano, 4–5 inches
- 6** garlic cloves, thinly sliced
- 12** baby artichokes (1 lb.)
- 1** Tbsp. red wine vinegar or sherry vinegar
- 12** red, orange, and yellow miniature bell peppers
- 1** or 2 lemons, halved (optional)
- 1** cup mixed pitted olives, rinsed
- 1/2** tsp. crushed red pepper

1. Fill a 5- to 6-qt. pot half full with water. Squeeze juice from lemon halves into water; add four of the oregano



ARTICHOKE 101

Simply hover your smartphone camera over this smart code to see how to trim, prep, and cook this edible flower.



sprigs, two of the garlic cloves, and 2 Tbsp. coarse salt. Working one at a time, snap off any loose outer leaves from artichokes. Use a serrated knife to trim stem and ¼ inch off top. Halve lengthwise, then add to pot. Bring water to boiling; reduce heat. Cover and cook about 10 minutes or until just tender when pierced with a knife; drain.

2. Wipe out pot and return to stove top over medium-low. Add ½ cup olive oil and remaining eight oregano sprigs and four garlic cloves. Heat 1 to 2 minutes or until garlic is fragrant. Add vinegar and remove from heat.

3. Preheat grill to medium-high. Toss artichokes and peppers in a large bowl with an additional 2 Tbsp. olive oil to coat. Grill in a grill basket, stirring occasionally, until artichokes are lightly charred and peppers are softened, 7 to 10 minutes. (Or thread artichokes and peppers onto 12-inch skewers. Grill 7 to 10 minutes, turning once.) If you like, grill lemon halves cut sides down until charred.

4. Add grilled artichokes and peppers to oil mixture in pot. Add olives; toss to coat. Season with ½ tsp. salt and the crushed red pepper. Serve immediately or refrigerate, covered, up to 1 week, bringing to room temperature before serving. If using, serve with grilled lemon halves. Serves 12.

EACH SERVING 112 cal, 10 g fat (2 g sat fat), 106 mg sodium, 6 g carb, 3 g fiber, 1 g sugars, 1 g pro

RECIPES FROM PAGES 80–85

SWEET EASTER

Recipes by Kate Ramos, the blogger behind *iHOLA! Jalapeño*.

ORANGE BUNNY ROLLS

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr. 30 min.

- 3½ to 4 cups all-purpose flour
- 1 pkg. active dry yeast (2¼ tsp.)
- 1 cup milk
- ⅓ cup granulated sugar
- ⅓ cup butter
- 2 eggs, lightly beaten

- ⅔ cup orange marmalade
- 1 egg (for egg wash)
- 1½ cups powdered sugar
- ¼ cup orange marmalade

1. In a large mixing bowl stir together 2 cups of the flour and the yeast. In a medium saucepan heat and stir together milk, granulated sugar, butter, and ¾ tsp. kosher salt just until warm (120°F to 130°F) and butter almost melts. Add milk mixture and the two eggs to flour mixture. Stir until combined. Stir in as much of the remaining flour as you can.

2. Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Shape the dough into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place 1 hour or until double.

3. Punch dough down. Turn dough out onto a lightly floured surface. Cover; let rest 10 minutes. Line two baking sheets with parchment paper.

4. On a lightly floured surface roll dough into an 18×12-inch rectangle. Spread the ⅔ cup marmalade over dough, leaving a 4-inch border along one of the long sides. Starting from the filled long side, roll up rectangle.* (Don't pinch dough to seal seam.) Slice into 12 equal pieces. Arrange pieces, spiral sides up, on prepared baking sheets.

5. To shape: Gently uncurl the 4 inches of the roll without marmalade and cut in half lengthwise using kitchen scissors.



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cookbook

Bend each strip and pinch the ends to look like pointed bunny ears. Cut thin lengthwise slits inside each ear. Cover rolls and let rise in a warm place about 30 minutes or until nearly double in size.

6. Preheat oven to 350°F. In a small bowl lightly beat remaining egg and 1 Tbsp. water. Brush onto rolls. Bake rolls about 15 minutes or until light brown. For icing: Stir together powdered sugar, the ¼ cup orange marmalade, and 2 Tbsp. water to make drizzling consistency. Spoon icing over warm rolls. Let cool slightly before serving. Makes 12 rolls.

***TIP** As you roll up the dough, some marmalade may get pushed to the border. The two rolls from the ends may not shape as nicely as the others.

PER ROLL 333 cal, 7 g fat (4 g sat fat), 62 mg chol, 224 mg sodium, 62 g carb, 1 g fiber, 32 g sugars, 6 g pro

LIME CRUNCH CHEESECAKE

We assembled these mini cheesecakes in plastic Easter eggs. But they can also be made in twelve 2½-inch muffin cups lined with foil bake cups or double-lined with paper bake cups.

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr. 30 min.

- 1 cup shortbread cookie crumbs (about 16 cookies)
- 2 Tbsp. unsalted butter, melted
- 12 3×2-inch or thirty 2¼×1¾-inch clean plastic Easter eggs
- 2 8-oz. pkg. cream cheese, softened
- 1 cup powdered sugar
- 2 limes (2 tsp. zest, ¼ cup juice)
- Sweetened whipped cream
- Key lime slices and/or sprinkles

1. In a medium bowl combine ¾ cup of the cookie crumbs and the melted butter. Stir until evenly mixed.

2. If using 3-inch eggs, spoon 1 Tbsp. crumb mixture into bottom of each egg. (If using 2¼-inch eggs, spoon 1½ tsp. into each.) Use a teaspoon to press down crumb mixture to create a thin crust. Place egg halves in muffin cups or egg carton to hold.

3. In a large bowl beat cream cheese

about 3 minutes or until smooth and fluffy. Add powdered sugar, lime zest, lime juice, and a pinch kosher salt. Beat until combined. Divide among crust-lined egg halves. Cover with egg tops. Refrigerate until completely chilled, at least 2 hours.

4. Before serving, pipe whipped cream onto filling. Top with remaining shortbread crumbs, Key lime slices, and/or sprinkles. Makes twelve 3-inch cheesecakes.

PER CHEESECAKE 248 cal, 18 g fat (10 g sat fat), 46 mg chol, 165 mg sodium, 20 g carb, 14 g sugars, 3 g pro

CARROT CAKE CREAM PIES

Before serving, if desired, use decorating frosting or buttercream frosting in a piping bag to add a small carrot on top of each cream pie.

HANDS-ON TIME 35 min.

TOTAL TIME 1 hr. 15 min.

- 1¾ cups all-purpose flour
- 1 cup finely shredded carrots
- ¾ cup regular rolled oats
- ½ cup pecan halves, toasted and chopped
- 1½ tsp. baking soda
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- ½ tsp. baking powder
- 1 cup unsalted butter, softened
- 1 cup packed dark brown sugar
- 1 egg
- ¼ cup whole milk
- 6 oz. cream cheese, softened
- ¼ tsp. vanilla
- ¼ tsp. lemon juice
- 1¾ cups powdered sugar
- 2 Tbsp. heavy cream

1. Preheat oven to 350°F. Line two baking sheets with parchment paper. In a medium bowl combine flour, carrots, oats, pecans, baking soda, ginger, cinnamon, baking powder, and ½ tsp. kosher salt.

2. In a large bowl beat 12 Tbsp. of the butter and the brown sugar until fluffy. Beat in egg. Add flour mixture, beating on low until combined. Beat in milk.

3. Use a 2-Tbsp. scoop to place mounds of dough 2 inches apart on



baking sheets. Bake 10 to 12 minutes or until edges are light brown and tops are set. Let cool 2 minutes on sheets, then cool completely on wire racks.

4. For filling: In a large bowl beat cream cheese, the remaining 4 Tbsp. butter, the vanilla, lemon juice, and a pinch of salt until fluffy. Add powdered sugar and beat until creamy. Add cream and beat 2 minutes more or until light and fluffy.

5. Spread a rounded tablespoon of filling on bottoms of half of the cookies. Top with remaining cookies. If desired, roll edges of cookies in additional shredded carrots or chopped toasted pecans. Serve immediately, or wrap individually and chill up to 3 days. Makes 16 cream pies.

PER CREAM PIE 287 cal, 19 g fat (10 g sat fat), 55 mg chol, 224 mg sodium, 27 g carb, 1 g fiber, 14 g sugars, 4 g pro

MALTED BROWNIES

HANDS-ON TIME 20 min.

TOTAL TIME 2 hr. 30 min.

- ½ cup unsalted butter
- 8 oz. bittersweet chocolate, chopped
- 4 eggs
- 1½ cups granulated sugar
- 1 tsp. vanilla
- 1 cup all-purpose flour
- ½ cup vanilla malted milk powder
- 2 Tbsp. unsweetened cocoa powder
- Malted Milk Frosting (right)
- Mini malted milk balls (optional)

1. Preheat oven to 350°F. Grease a 13×9-inch baking pan. Line pan with parchment paper, leaving 2 inches hanging over long sides.

2. In a medium bowl melt butter and chocolate in the microwave 1 minute, stirring once. Stir until smooth. Let cool slightly.

3. In a large bowl whisk together eggs, sugar, and vanilla until smooth. Add melted chocolate mixture and whisk until combined. Add flour, malted milk powder, cocoa powder, and 1 tsp. kosher salt. Whisk until smooth. Pour batter into pan, spreading evenly.

4. Bake 30 minutes. Let cool in pan on a wire rack. Spread Malted Milk

Frosting over top and, if desired, sprinkle with malted milk eggs. Use parchment to lift uncut brownies from pan; cut into bars. Makes 24 brownies.

MALTED MILK FROSTING In a large bowl beat ¾ cup softened butter with a mixer on medium 30 seconds. Beat in one 7-oz. jar marshmallow creme and ½ tsp. vanilla just until combined. Beat in 3 Tbsp. vanilla malted milk powder and 2 Tbsp. unsweetened cocoa powder. Gradually beat in ½ cup powdered sugar until combined. If necessary, beat in milk (1 to 2 Tbsp.) until smooth and spreadable.

PER BROWNIE 267 cal, 15 g fat (9 g sat fat), 57 mg chol, 127 mg sodium, 33 g carb, 1 g fiber, 24 g sugars, 3 g pro

RECIPES FROM PAGES 90–95 FREEZER SAUCES

VERDE SIMMER SAUCE

START TO FINISH 20 min., plus freezing

- 4 11-oz. cans tomatillos, drained, or 2¼ lb. fresh ripe tomatillos, husked, rinsed, and chopped
- 4 fresh poblano peppers, seeded and coarsely chopped
- 2 small onions, quartered
- 4 tsp. ground cumin
- 2 tsp. ground coriander
- 4 garlic cloves, minced

1. In a food processor combine tomatillos, poblanos, onions, cumin, coriander, garlic, and ¼ tsp. each salt and ground black pepper; process until smooth. (If using fresh tomatillos, you may have to add ¼ to ½ cup water.) If necessary, process in batches and stir batches together.

2. Divide sauce into three 2-cup freezer containers (or 1-qt. resealable freezer bags). Cover and freeze up to 6 months. Use in Black Bean Skillet Enchiladas Verde and Chicken Verde Tacos. Makes three 2-cup portions.

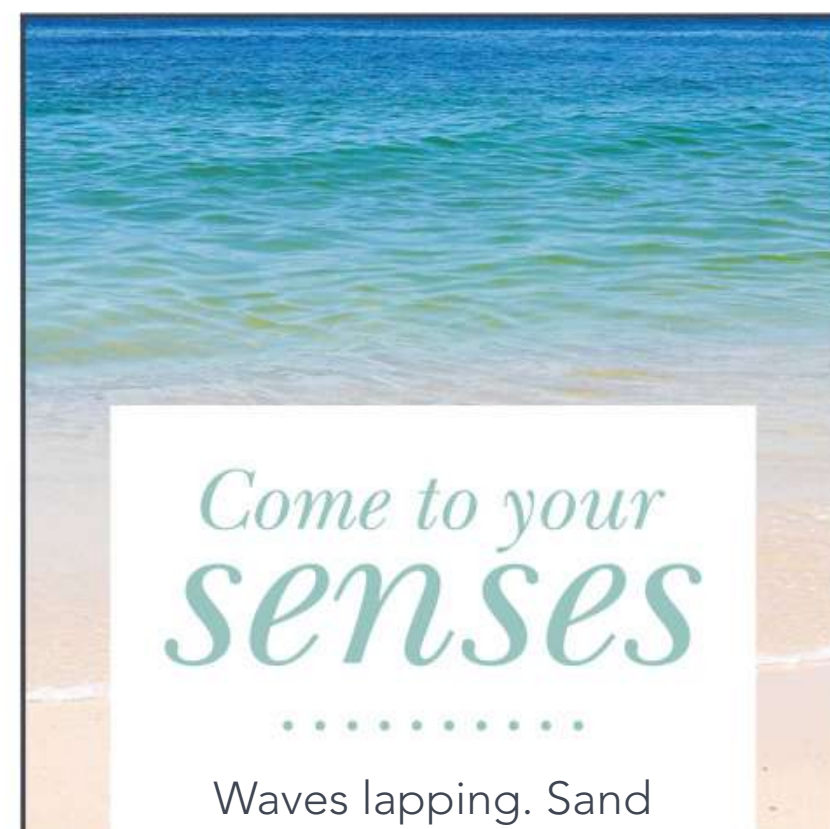
BLACK BEAN SKILLET ENCHILADAS VERDE Preheat oven to 350°F. Thaw one portion Verde Simmer Sauce. In a large bowl stir together one 15-oz. can black beans, rinsed and drained; 1 cup

Greg Gadson



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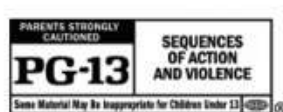
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the PERFECT PLATE



TANGY MUSTARD DEVEILED EGGS

INGREDIENTS

- 12 hard cooked eggs, peeled and halved lengthwise
- ½ cup mayonnaise
- 1 tablespoon French's® Classic Yellow Mustard
- 1 tablespoon French's® Chardonnay Dijon Mustard Squeeze Bottle
- 1 tablespoon French's® Honey Mustard
- 1 tablespoon French's® Spicy Brown Mustard
- 1 teaspoon sugar
- ½ teaspoon McCormick® Onion Powder
- ¼ teaspoon sea salt
- 4 slices bacon, crisply cooked and crumbled, divided
- McCormick® Paprika

INSTRUCTIONS

1. Remove egg yolks, reserving egg whites.
2. Lightly mash egg yolks in small bowl. Stir in mayonnaise, Mustards, sugar, onion powder, salt and half of the bacon.
3. Spoon or pipe yolk mixture into egg whites. Sprinkle with paprika and top with remaining crumbled bacon. Refrigerate until ready to serve.



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chopped zucchini; 1 cup fresh or frozen whole kernel corn; and 1 cup shredded Mexican blend cheese. In a large oven-safe skillet layer half of the sauce, four 6-inch tortillas, overlapping as necessary, and half of the bean mixture. Repeat layers. Top with 1 cup additional cheese. Bake, uncovered, 30 minutes or until heated through. Top with grape tomatoes, fresh cilantro, and/or roasted pepitas. Serves 6.

EACH SERVING 281 cal, 14 g fat (6 g sat fat), 35 mg chol, 510 mg sodium, 26 g carb, 5 g fiber, 2 g sugars, 15 g pro

CHICKEN VERDE TACOS Place 1½ lb. skinless, boneless chicken thighs or 1½ lb. beef flank steak, trimmed, in a 3½- or 4-qt. slow cooker. Add one frozen portion Verde Simmer Sauce. For chicken: Cover and cook on low 3½ to 4 hours or on high 2¼ hours. For beef: Cover and cook on low 7 to 8 hours or high 3½ to 4 hours. Remove meat from sauce; shred or thinly slice. Stir shredded meat into sauce. Spoon into 6-inch tortillas; top with desired toppers. Serves 6.

EACH SERVING 347 cal, 7 g fat (5 g sat fat), 40 mg chol, 677 mg sodium, 38 g carb, 3 g fiber, 2 g sugars, 17 g pro

TOMATO-CAPER SAUCE

HANDS-ON TIME 25 min.

TOTAL TIME 25 min., plus cooling and freezing

- 1 cup chopped onion
- 4 garlic cloves, minced
- 2 28-oz. cans or four 14.5-oz. cans diced tomatoes with Italian herbs, undrained
- ⅓ cup dry red wine, dry vermouth, or reduced-sodium chicken broth
- ¼ to ½ tsp. crushed red pepper
- ⅓ cup chopped fresh basil or flat-leaf parsley
- ¼ cup capers, drained

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¼ cup finely chopped oil-packed dried tomatoes (optional)

1. In an extra-large skillet cook onion and garlic in 2 Tbsp. hot *olive oil* over medium 4 to 5 minutes or until tender. Add tomatoes, wine, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Stir in basil, capers, and, if desired, dried tomatoes. Let cool 1 hour.

2. Divide sauce into three 2-cup freezer containers (or 1-qt. resealable freezer bags). Cover; freeze up to 6 months. Use sauce portion(s) in Sicilian Cod with Tomato-Caper Sauce and/or Tortellini & Smoked Sausage in Tomato-Caper Sauce. Makes three 2-cup portions.

SICILIAN COD WITH TOMATO-CAPER SAUCE

SAUCE In an extra-large skillet heat one frozen portion *Tomato-Caper Sauce*, covered, over medium-low 25 minutes or until bubbly, stirring occasionally. Stir in ¼ cup *golden raisins* and, if desired, 1 Tbsp. *balsamic vinegar* or *lemon juice*. Sprinkle four 6-oz. *cod* or *white fish fillets* with *kosher salt* and *black pepper*; place in skillet with sauce, turning to coat. Return to boiling; reduce heat. Cook, covered, 8 to 10 minutes or until fish flakes easily. Serve fish and sauce over *orzo pasta* or *rice* and, if desired, top with toasted *sliced almonds*. Serves 4.

EACH SERVING 353 cal, 5 g fat (1 g sat fat), 72 mg chol, 810 mg sodium, 39 g carb, 2 g fiber, 12 g sugars, 35 g pro

TORTELLINI & SMOKED SAUSAGE IN TOMATO-CAPER SAUCE

In a 4- to 6-qt. pot heat one frozen portion *Tomato-Caper Sauce* and 3 cups *reduced-sodium chicken broth* over medium-high, covered, 15 minutes or until sauce is bubbly, stirring occasionally. Stir in two 10-oz. pkg. *refrigerated cheese tortellini* and one 13.5-oz. *cooked smoked link sausage* or *Andouille sausage*, halved lengthwise and sliced. Return to boiling; reduce heat. Simmer, uncovered, 7 minutes, stirring occasionally. Stir in 4 cups chopped *fresh spinach*. Serves 6.

EACH SERVING 538 cal, 26 g fat (9 g sat fat), 75 mg chol, 1,531 mg sodium, 52 g carb, 4 g fiber, 8 g sugars, 24 g pro

COCONUT CURRY SAUCE

START TO FINISH 15 min., plus freezing

- 2 Tbsp. ground cumin**
- 2 tsp. ground coriander**
- 2 tsp. garam masala**
- 2 tsp. dry mustard**
- 1 tsp. crushed red pepper**
- 2 cups chopped sweet onion**
- 8 garlic cloves, sliced**
- ¼ cup chopped fresh ginger**
- 1 14.5-oz. can fire-roasted diced tomatoes, undrained**
- 1 13.5- to 14-oz. can unsweetened coconut milk**
- ½ cup lime juice**

1. In a dry medium skillet, toast cumin, coriander, garam masala, mustard, crushed red pepper, and 2 tsp. *salt* 1 minute over medium, stirring spices constantly. Transfer toasted spices to a blender.

2. In the same skillet, cook onion, garlic, and ginger in 2 Tbsp. hot *oil*. Cook 4 minutes or until onion just starts to brown on the edges. Add to blender with spices. Add undrained fire-roasted tomatoes, coconut milk, and lime juice. Cover; blend mixture until smooth.

3. Divide sauce into three 2-cup freezer containers (or 1-qt. resealable freezer bags). Cover and freeze up to 6 months. Use sauce portion(s) in Pork Coconut Curry and/or Cauliflower & Chickpea Coconut Curry. Makes three 1½-cup portions.

PORK COCONUT CURRY Cut 1½ lb. boneless *pork shoulder* into 1-inch pieces; sprinkle with *salt*. In a 6-qt. multifunction electric or stove-top pressure cooker brown pork in 1 Tbsp. hot *vegetable oil*. Add one thawed portion *Coconut Curry Sauce*. Lock lid in place. Set electric cooker on high pressure to cook 12 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 12 minutes. For both models, let stand 15 minutes to release pressure naturally. Open vent to release any remaining pressure. Serve pork and sauce over *hot cooked rice*

and/or with *naan*. If desired, top with sliced *green onions*. Serves 4.

EACH SERVING 400 cal, 18 g fat (8 g sat fat), 71 mg chol, 725 mg sodium, 32 g carb, 3 g fiber, 3 g sugars, 28 g pro

CAULIFLOWER & CHICKPEA COCONUT CURRY

Preheat oven to 425°F. In a shallow roasting pan combine 4 cups *cauliflower florets*; one 15.5-oz. can *chickpeas*, rinsed and drained; and 2 Tbsp. *olive oil*. Roast cauliflower and chickpeas, uncovered, 30 minutes, stirring twice. Meanwhile, in a small saucepan heat one frozen portion *Coconut Curry Sauce*, covered, over medium-low 10 minutes or until bubbly, stirring occasionally. Stir in 1 cup *frozen peas*; cook 1 minute. Add sauce mixture to cauliflower mixture in shallow roasting pan; toss to coat. If desired, serve over baked sweet *potatoes* or *hash browns*. If desired, stir together ½ cup *plain Greek yogurt* and ½ tsp. *lime zest*; spoon over each serving. Serves 4.

EACH SERVING 304 cal, 18 g fat (8 g sat fat), 662 mg sodium, 30 g carb, 8 g fiber, 8 g sugars, 10 g pro ■

RULES FOR SWEEPSTAKES IN THE ISSUE

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You should be able to climb four flights of stairs in less than 1 minute.



You may be **30%** more likely to die from heart disease if you take longer than 90 seconds.

How quickly you can climb stairs is a stress test of sorts and a marker of heart function, experts say. If you clock in over 90 seconds, it's a good idea to talk to your doctor.



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APRIL

7

National Alcohol Screening Day

Since the pandemic hit, American women have reported a 41 percent increase in how often they overindulge. Now is a good time to assess your habits. Heavy alcohol use is defined as drinking four or more drinks per day for men and three or more for women. To take a free online screening, visit [alcohol screening.org](https://alcohol.screening.org).



1000

calories
is how much per week we tend to eat to overcompensate for exercise.

Which is why, if you're trying to lose weight, you may not be making progress. To lose weight, most people need to burn about 3,000 calories a week through exercise (roughly 40 minutes a day). Apps can help. Find free at-home routines on Daily Workouts Fitness Trainer or Nike Training Club, then log them on ActivityTracker.

ONLY **39%** OF AMERICANS WITH CREDIT CARD BALANCES KNOW THEIR INTEREST RATE.

The average annual percentage rate (APR) is 16% but can be as high as 25%. Check your statement every month; if your rate is high, call to negotiate. If the company won't lower the rate, ask why, do some research, and call back in a few days. Be sure to mention that you're considering options such as transferring your balance to a lower-interest card.

CLEARING THE **AIR**

When you think of pollution, outdoor air probably comes to mind. But the quality of the air inside matters too. A few simple steps will help ensure the air in your home is as clean as it can be.



Don't welcome pollutants into your home: Taking off shoes at the front door can reduce the allergens and germs tracked in.

get to know your HVAC system

Your heating and air-conditioning system continuously filters the air whenever it's running. To get the best results, pay attention to the filters. First, replace them at least

every six months (set a calendar reminder). Second, use the right kind of filter. "HEPA filters remove almost all particles from air that flows through them, but most residential HVAC systems aren't designed to use a HEPA filter," says

Richard Corsi, Ph.D., dean of the Maseeh College of Engineering & Computer Science at Portland State University. If you can't use HEPA, research the filters you're considering. "Most air filters have a MERV [minimum efficiency reporting value] rating. The higher the number, the more particles a filter removes from the air. Go as high as your HVAC system can handle. Anything higher can damage the system." (The crew servicing your heater and AC can tell you.)

Also, if your system has a setting that runs the fan even if the AC or heat is off, think about turning it on so the air constantly recirculates through the filter.

consider a portable air cleaner

When they first hit the market, stand-alone air filters got mixed reviews, but they have

dramatically improved since then and can be a worthwhile investment. Do your homework to ensure you purchase a good model. "The higher the clean air delivery rate [CADR] on the portable HEPA filter, the better the system," Corsi says. Check that your unit's CADR is certified by the Association of Home Appliance Manufacturers at ahamverifide.org, which also lists how much floor space units can handle. "A high-quality air cleaner can be expensive. But they're worthwhile and especially helpful for people with respiratory conditions," says Douglas Collins, Ph.D., assistant professor of chemistry at Bucknell University.

open a window

Even a few minutes of fresh air can improve indoor air quality. Opening a window increases airflow, moving any pollution out. On high ozone days though, keep windows closed. Check airnow.gov to see current levels in your area.



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don't overdo scented products

They smell good, but scented candles, air fresheners, and oil/aromatherapy diffusers aren't great for air quality. That's because anything with a scent contains VOCs, or volatile organic compounds. "There are thousands of different VOCs. Some are harmless; others are pretty bad for you. And there isn't a simple way to tell one from the other," Collins says. "If VOC concentrations are high in your house, they can mix with other things in the air and form hazardous chemicals like formaldehyde." Another downside: Many VOCs tend to stay inside, partly because of how well-sealed modern, energy-efficient homes are and partly due to the vapors clinging to walls and surfaces then slowly coming off into the air, says Delphine Farmer, Ph.D., associate professor of

chemistry at Colorado State University.

If you want to burn a favorite scented candle for a little bit, crack a nearby window. Unscented candles produce fewer VOCs, so they're not a big problem.

strategize your cleaners

Cleaning chemicals like ammonia, bleach, and hydrogen peroxide disinfect well but can irritate airways. Try to use them only when you need to disinfect and kill bacteria, then stick to one cleaner at a time (this prevents chemicals mixing in the air, which can dial up the toxicity), open windows in the room you're cleaning, and leave after you're done so you're not inhaling fumes while the air clears. Also try to avoid lemon- or pine-scented cleaners; VOCs from those scents are especially

reactive with other chemicals in the air.

For general cleaning, consider using a natural product, something homemade with vinegar, or good old soapy water.

ventilate when cooking

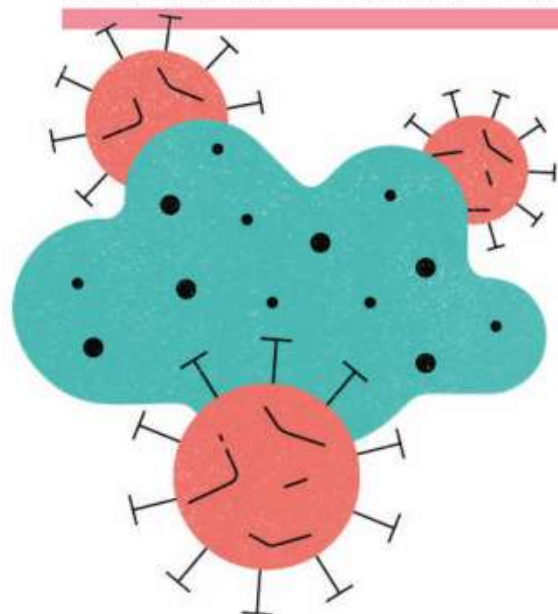
"If you have a gas stove with an open flame, it emits carbon monoxide and nitrogen oxides, which are pollutants," Collins says.



DO PLANTS PURIFY?

Indoor plants do convert CO₂ to oxygen. But in order for them to effectively remove VOCs from the air, you'd basically need a jungle.

Although electric stoves and toaster ovens may not have an open flame, they still churn out particles you don't want to breathe in. That's why it's important to use ventilation while cooking. Check what kind of exhaust fan you have: The most effective type of vent filters the air and shuttles toxins outside. If yours recirculates the air instead, open a window.



AVOIDING COVID-19

Here's why the virus spreads more indoors: "Coronavirus hitchhikes a ride on other air particles and floats around," Collins says. Inside, COVID particles hang in the air and can become more concentrated; outside, they're more likely to blow away and/or dissipate. So if you're inside with an infected person, you're more likely to breathe in the virus and get COVID. Ventilation and HEPA filters can help move the virus-laden particles out, but nothing catches everything, which is why it's best to avoid indoor gatherings in the first place. ■

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WHAT YOU NEED TO KNOW ABOUT THE COVID-19 VACCINES

We know you have lots of questions about the rollout of the first COVID vaccines. We went to the experts for answers.



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VACCINATED.

Q The vaccines were developed so quickly. Are they really safe?

A A number of factors made it possible for these first vaccines to be thoroughly tested, vetted, and rolled out faster than usual. One reason: The science behind the Pfizer and Moderna vaccines,

which use mRNA technology, goes back 30 years, says Lee Riley, M.D., chair of the division of infectious disease and vaccinology at the University of California, Berkeley, School of Public Health. Global cooperation among scientists also sped the

process. Another factor: Vaccine trials need a certain number of cases to occur to prove the shot is effective; with so much COVID circulating, it was easier for the trials to be completed, says Sarah Schaefer, M.D., assistant professor of infectious diseases at the Icahn School of Medicine, Mount Sinai.

Q How do I know the vaccine won't give me COVID or cause bad side effects?

A You can't get COVID from the Moderna or Pfizer vaccinations because they don't contain the virus, Riley says. Instead, they prompt cells to produce a piece of the protein on the virus surface, which stimulates the immune system to make antibodies against similar proteins.

People who've had side effects most commonly reported about one to two days of muscle pain, fatigue, and/or headache. A few have had a severe allergic response to the Moderna and Pfizer vaccines, so if you carry an EpiPen or have ever reacted to a vaccine, talk to your doctor first.

Q Will the vaccines protect against new strains?

A At the time of publication, lab data shows that the Moderna and Pfizer vaccines protect against the United Kingdom strain but less so against the South African strain. The

good news is that mRNA technology is easily adaptable, and both companies are working on boosters for new strains circulating. The crucial point, Schaefer says, is that "the virus can only mutate when it replicates, and it can only replicate when it's in a host. (That's us.) If we reduce transmission, we decrease replication and the emergence of new strains." So it's vital that as many people as possible get vaccinated ASAP.

Q If I get vaccinated can I stop wearing a mask?

A No. Although you can be fairly confident that you won't get COVID once vaccinated (studies show 95-percent efficacy), scientists are still figuring out if vaccinated people can carry and spread the virus. More info should be available in the next few months.

✿ *This info applies only to the Pfizer and Moderna vaccines available as BH&G goes to press. They have emergency-use authorization from the Food and Drug Administration. ■*

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feed them right

Felines can be finicky; that's why there are so many misconceptions about their eating habits and nutritional needs. We set the record straight.



YOU MIGHT THINK

Feeding throughout the day is bad.

BUT Cats normally eat multiple meals per day, so feeding three to four small meals is optimal for digestion and more closely mimics a cat's natural behavior, says Lindsey Bullen, D.V.M., of BluePearl Pet Hospital in Cary, NC. The key to preventing overeating and weight gain is to carefully measure the amount you're giving to meet your cat's caloric needs. Another

option is an automatic pet feeder, which dispenses a measured amount of food at preset times. The average cat needs about 250 calories a day (give or take), and treats should make up no more than 10 percent of that.

YOU MIGHT THINK

Dry food is better than wet.

BUT The most important thing is to make sure your cat is getting the nutrients she needs from her diet, and you can do that with a mix of wet and dry food. Cats are inclined to

get most of their water from food (because they originated as desert creatures), so canned food helps keep cats hydrated, which benefits their urinary and kidney health. Dry food formulated for dental health can help prevent plaque buildup.

Overall, most cats do better on a low-carb diet, so avoid foods with gravy, which tend to contain more carbohydrates, and know that grain-free doesn't always equate with low-carb. (Guidance on how to figure out the carbs in wet food is available at catinfo.org.)

YOU MIGHT THINK

Food should be easily accessible.

BUT A cat's instinct is to work for food. "In the wild, cats don't stumble upon a bowl of food," says Peter Soboroff, D.V.M., owner of New York Cat Hospital in New York City. Turning mealtime into a game by using a puzzle feeder gives the cat much needed mental and physical exercise. Also try setting bowls in high places; this helps her get exercise that burns calories.

One note about placement of food and water bowls: Avoid putting them in the same room as the litter box; cats don't like to eat near where they use the bathroom. If you don't have the space, put bowls and litter box on opposite sides of the room.

YOU MIGHT THINK

The more expensive the food, the better it is.

BUT Lower cost doesn't necessarily mean lower quality. "There are many less expensive brands that are as good as premium ones," Soboroff says. Although quality ingredients tend to cost more, if a company is able to buy in quantity for less, the cost to you might be lower.

Choosing a food approved by AAFCO will ensure it meets your cat's nutritional needs. (The Association of American Feed Control Officials is a nonprofit group regulating ingredients in pet food.) ■



HECKIN' GÜD

/ hek-in good /
adj.

Used to describe that which is extremely desirable or enjoyable.
As in, "The hooman thinks New Fresh Step with Febreze Freshness
and Gain Scent smells HECKIN' GÜD!"

FEBREZE 10-DAY ODOR CONTROL
FRESH STEP *We Speak Cat*





nature's inspiration

"I love taking long country walks—especially in April when the sharp green leaves emerge," says Tricia, who turns to nature for a creative jump start. The topic is also on her current reading list: *Wilding: The Return of Nature to a British Farm*, by Isabella Tree.



i can't design without...

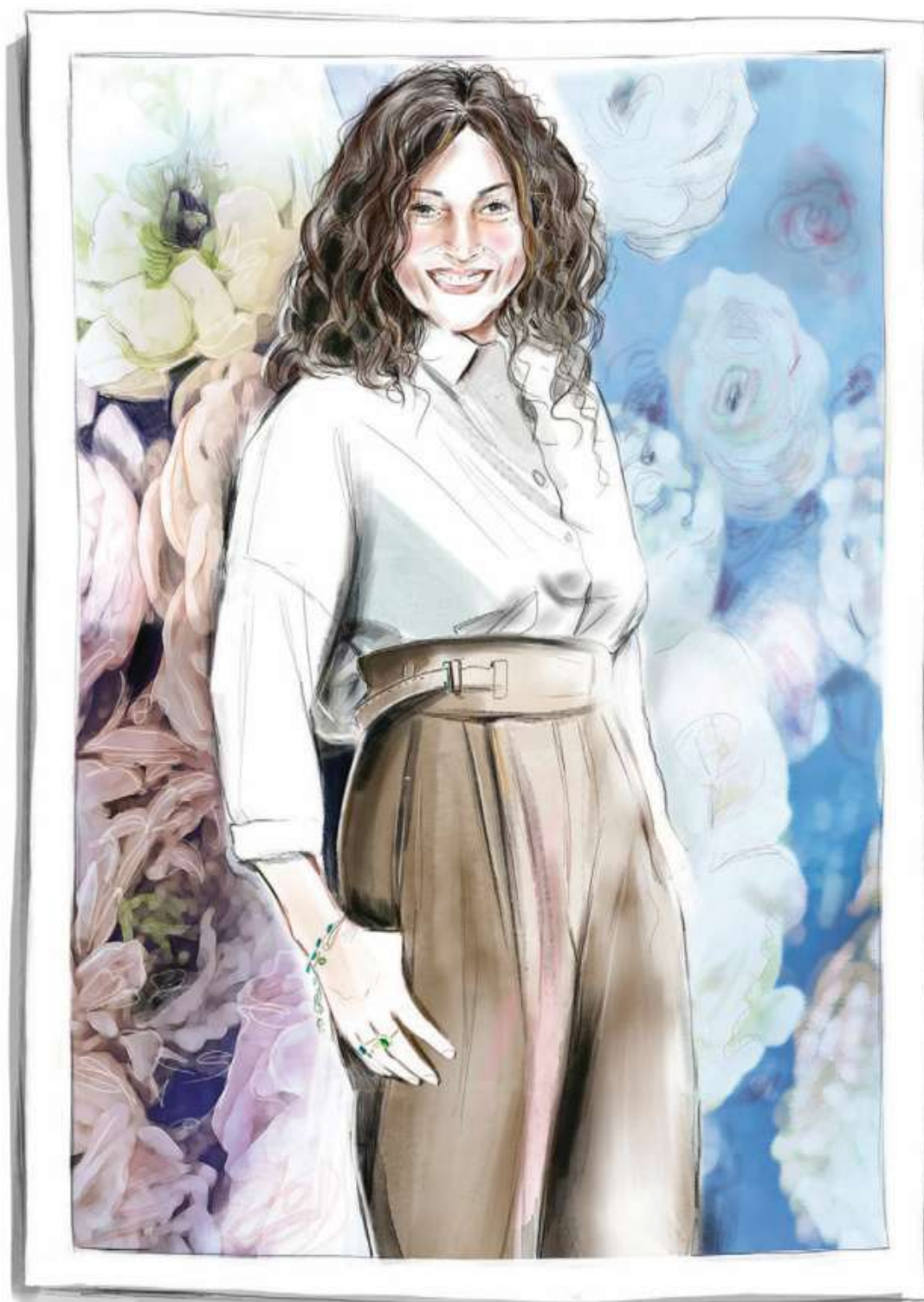
"We always use mood boards whenever we work on a project. They are a fail-safe guide and a wonderful visual way of checking the proportions of what you use in a room." One of her most useful tricks is to size swatches on the board so they take up the same relative space as they will in the room.



For a video with more of Tricia's mood board tips, scan this smart code.

[SPRING 2021 COLLECTION]

"Our new wallpaper and fabric collection (available in the U.S. at designersguild.com/us/10) is all about lustrous prints, embroideries, and velvets inspired by Indian artisans."



TRICIA GUILD

PAIRING STRIKING PATTERNS WITH VIBRANT HUES TO CREATE ROOMS FILLED WITH PERSONALITY AND STYLE FOR MORE THAN 50 YEARS.

Google "bold interiors" and you'll find Tricia's signature look—a fearless approach to color resulting in fresh, inspiring spaces. The founder and creative director of Designers Guild, the London-based interior design studio, shares her passions and creative process.

"Always use lots of white or neutrals with a strong color. They act as breathing space, balance the strength, and allow the color to shine. Be confident."



best-loved color combo

"There's something about blue and green that I never tire of. Maybe it's the optimism of an endless blue summer sky and the green of the landscape. The English saying 'blue and green should never be seen' is *not* for me."



milestone

Tricia's 17th book, *Out of the Blue: Fifty Years of Designers Guild* (ACC Art Books, \$35; amazon.com), looks back at the studio's history, collections, and collaborations.



if i were a flower...

A fan of supersize floral patterns, Tricia is an avid gardener. "I would probably be a dahlia. They can be delicate and fragile or completely flamboyant and showstopping. I find I love them in all their guises." ■

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